



Dear Parents,

It has been a delight to spend a full week back in school at last, and term is certainly well underway! It was great to see Year 11 and their families thinking about their A level options choices at our Sixth Form evening on Tuesday, and I am sorry not to have seen Year 8 parents at the Welcome Evening on Wednesday night. I am indebted to Mr Meier for standing in for me once again and am looking forward to seeing you at events during the course of the year.

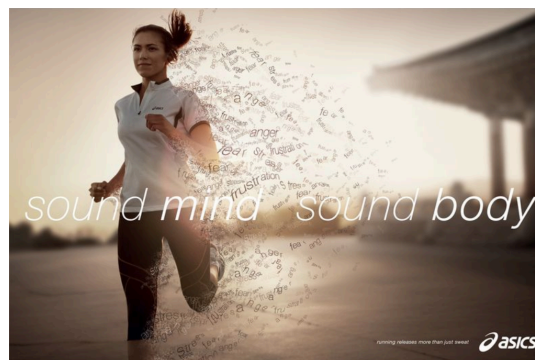
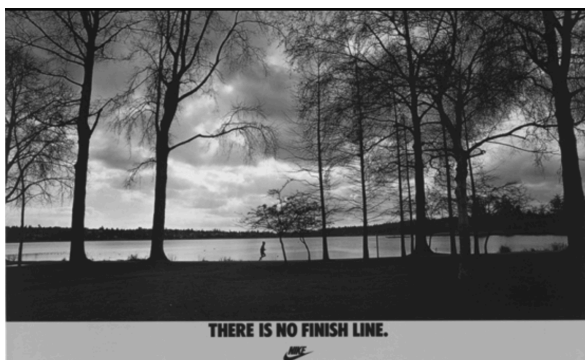
The highlight of the week for me was our first nearly-whole-school assembly. Year 3 to Year 13 joined together in the Sports Hall for what turned out to be a thoroughly sport-themed message. Miss Hamalis talked about the extraordinary sportspeople who took part in the Paris Olympics and Paralympics this summer. She urged us to consider trying to jump over our front door when we next go home, rather than through it, which would come near to matching the gold medal height of 2m 36cm achieved by Hamish Kerr of New Zealand - not a feat that any of us thought might be feasible! She also shared the remarkable achievement of India's Sheetal Devi, who at just 17 years old took home a bronze medal in the Paralympic archery. What's remarkable about her achievement is that Sheetal Devi was born without arms. She holds the bow [with her foot](#), draws the string back with her upper body and releases the arrow with her mouth. It's astonishing to watch.

As Miss Hamalis pointed out, while many of us get huge enjoyment from watching the remarkable feats of these elite competitors, very few of us can ever hope to emulate them. However, that's not to say we cannot learn from their commitment and hard work - after all, their success has often come at great personal cost and sacrifice. She offered some useful lessons we can take from their example: to believe in yourself; to focus on effort; and to be proud, confident and yourself. She reminded us of our founder Matilda Sharpe's words, 'Never forget, life expects much of you and me'. The Junior School Head Girls and Senior School Head Girls had each chosen poems which underlined the theme. Matilda and Sahana read ['Be Olympic' by Mark Bird](#), while Aimee and Eve shared ['It Couldn't Be Done' by Edgar Albert Guest](#).

When it came to my turn, it gave me enormous pleasure to tell the school that I had found the answer to a question which has been discussed by philosophers for thousands of years. From Lao Tzu to Socrates, Descartes to Sartre, they have all been concerned about the best way to live your life. But I know the secret - and it's all to do with your trainers! I took a bet that at least 75% of the people in the Sports Hall owned a pair of Nike Air Forces, and that probably nearer 100% will own a piece of Nike kit. It is a phenomenally successful company, and it's no coincidence that it's named after Nike, the goddess of victory. An attribute of Athena, goddess of war, and attendant to Zeus himself, Nike is all about winning: in war, of course, but she is also associated with art, and music - and athletics.

In 1963 American college athlete Phil Knight visited Japan for a competition. While there he came across a Japanese brand of running shoes called Onitsuka Tigers. Immediately impressed by them, he went straight to their head office and asked to become their US sales agent. The company he set up to sell them, and later his own designs too, he named Nike. He too was all about victory

mental health, and that's what ASICS has stood for all this time.



er again to prepare for the big match or competition.

c. and What was the highest mark in the class. .

...en lessons so I anticipate it may stick, and I do hope that you will reinforce it at home as well.

and asking to be collected. The school protocol is that if a pupil feels unwell during the school day they must see the School Nurse who can assess the severity of their situation and will make a decision about whether parents should be contacted to collect them. Please can we ask you to remind your children if they are feeling unwell to go and see the school nurse first, especially if you hear from them rather than us in the first instance.

I am delighted to announce that the school charity for this academic year, as chosen by the pupils, is [Women for Women](#). The charity supports women across the world who are impacted by conflict, helping them with their personal finance, health and wellbeing, as well as building support networks. This is the second year running the school community has chosen a charity supporting women in difficult situations and it is clearly a cause that resonates strongly. Channing has always been a school that aims to build a better future for girls and women and I am proud that we are continuing this important tradition. We are looking forward to raising money for them over the course of the year, as well as welcoming a representative to speak to the school in a future assembly.

Finally this week a fantastic piece of news, which we have been keeping under our hat and are very pleased to share with you at last. In the summer term one of our now-Year 12 musicians, Kezia, spent a couple of days filming and playing her saxophone with the BBC for the Young Musician of the Year. Against incredibly talented competition Kezia got through to the live auditions, which are currently being shown on the BBC. Kezia featured in the first episode which was broadcast on 15 September and is available on the iPlayer: please take some time this weekend to watch her play. Congratulations to Kezia for making it to this stage; it's an amazing achievement!

With warmest wishes for the weekend,

Mrs Lindsey Hughes
Headmistress

Notices

Autumn Term Extra & Co Curricular Timetable

 AUTUMN TERM 2024 EXTRA & CO CURRICULAR TIMETABLE

School Contact List

 Who should I contact Sept 2024.pdf



CHANNING

Girls Enjoying Success

Music News

Music at Lunchtime

On Friday 13 September, this year's first lunchtime concert kicked off with a lyrical rendition of 'July' by Noah Cyrus, sung AND accompanied by Saisha D 8AK on the piano! Up next was a powerful performance of 'Tattoo' by Lorraine, sung by lunchtime concert regular Evangelina U in 10MG. Then the talented Maya HB in 12KW gave us a stylish rendition of 'Teenage Fantasy' by Jorja Smith. Going back in time a couple of centuries, we experienced a beautifully crafted performance of 'Mazurka in A minor opus 17 no.4' by Chopin, played by Sophie L in 13SD. Finally, we finished as we started with a moving performance of 'Wildflower' by Billie Eilish, sung by Georgie G, 13SF, and accompanied with both voice and piano by Hannah D, 13CGr. You can listen to the recital [HERE](#).



Reviewed by Kezia C and Eve C

English News

8VS have been reflecting on their reader identities this term by thinking about their literary tastes and preferences. The class participated in a lively book discussion, enthusiastically sharing their views on the novels they're currently reading and Greta P wrote a review of George Orwell's classic dystopian novel, *1984*.

1984 is a book set in a dystopian future where communism has grown into the way the world is run. It has also been separated into three superstates, Eastasia, Eurasia and Oceania, which are continuously at war, but with who...?

Winston Smith is the protagonist in this book; he lives in Oceania and works in the Records Department of the Ministry of Truth, where his job is to erase any evidence of a fact, person, word or news that the inner circle does not think agrees with their strict policies. But when he starts to question the world in which he lives and the lies and rules he lives under, he may get caught up in it himself.

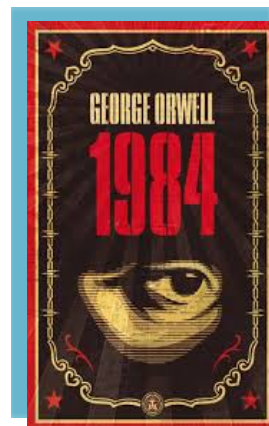
Distinguishing lies from the truth is hard, for is anyone ever safe from the watchful telescreens and thought police?

Who can you trust...?

I really liked this book because I thought that it showed what negative outcomes could come with communism and although it was quite disturbing it was also a very captivating read that was really hard to put down.

I have also read *Animal Farm* by the same author. However, I think the novels are different from each other because they are different levels of extreme. I enjoyed both books and would certainly recommend them.

By Greta P, Year 8



Sports News

Football U15

On Tuesday 10 September the Channing U15 team had a home game at St Aloysius playing Mill Hill in a friendly. The game started very evenly with both teams creating opportunities. A couple minutes into the game Mill Hill got the opener. Channing rallied really well and only a few minutes later Lexie played a ball through to Darcy and she just hit it over the bar. A goal was coming soon, and Channing was creating great opportunities to score. Then it finally happened! Neve got past 2 defenders and plays the ball through to Darcy who smashed it into the goal. Scores level!

However, Mill Hill scored a second, Ayla almost got her hands to the ball but the Mill Hill striker smashed the ball into the top corner. Half time, 2-1 down but it was a very even match. Channing didn't stop fighting and showed fantastic character. The defence worked together really well keeping us in the game, particularly Talia and GG. Milla almost scored an incredible goal but it just skimmed the crossbar. Mill Hill unfortunately were able to take advantage of a couple of mistakes bringing the ball out of the defensive third, scoring a couple of goals. Channing did score the goal of the game, Dasha ran with the ball through midfield and a combination of one touch passes put Darcy through and she clinically hit it into the bottom corner.

The final score of 6-2 didn't reflect the match and the U15 have learned a lot from the game ready for next week, where we will hopefully get a win that we deserve in the ESFA cup. The perseverance and desire to win really showed throughout the whole game which makes us want to win even more next week. Forgetting the score, everyone played exceptionally well and no one gave up until the final whistle. A special mention to Ayla who was in goal who was incredibly brave and made some really good saves.

Neve C, U15 Captain

Football U13

On Monday 16 September, the U13 team played in a match against Mossbourne Academy in the national league. We won 1-0 with a brilliant goal from Siena (Year 8), and multiple amazing saves from our goalkeeper, Erin (Year 7). From the start of the match, it was pretty tough, with the opposition attacking to a very high level alongside the heat. Due to the goal in the first half, we were more aggressive and more confident in our attacking.

In the second half, the defence and the wingbacks were able to show dominance by not letting a goal be conceded after a handful of skillful corners and shots on targets made by Mossbourne. For the first match played by the Year 7 and Year 8 team this year, it was overall a good game and a great outcome.



Lilianna B, Year 8

Netball

On Thursday the U16A team had their first round of the U16 Sister n Sport Cup competition.



The players started very well in the first quarter trying to work out their opponents strengths and weaknesses on the court. We saw some beautiful tips and interceptions from our defensive players and some phenomenal shooting from the shooters! We were level with The Latymer School up until the last quarter but they made some tactical changes which made a difference to the end result. We lost by 8 goals but nonetheless, we are so proud of the girls that never gave up and put up a great fight! Player of the match and coaches player goes to Maya C for her work ethic and amazing tips and interceptions in defence!

Year 7 News

Stubbers 2024

The annual trip to Stubbers did not disappoint again this year. Our new Year 7 cohort were on time and well-prepared with energy snacks and healthy lunches for their day of archery, laser tag, climbing and raft building. Whilst the activities were a lot of fun, it was the opportunity to make new friends and work as a team that really made the day. The pupils encouraged and challenged each other with inimitable Channing spirit. What a fabulous start to their year!



STEM News

Fish Club

It was the first week of Fish Club this Monday and much to the surprise of the pupils who attended, we have no fish tank! This is because over the next few weeks, the pupils are going to choose a fish tank, decide which fish they would like to keep and learn how to care for them.



For anyone concerned about last year's fish, rest assured, they are having a lovely holiday at Mrs Hillier's house (see photo above) and they are looking forward to returning to Channing when the new fish tank is ready.

Fish Club meets every Monday at 1:00pm in C15 Lab. If there are any other Year 10's who would like to be involved in caring for the school pets, please email Mrs Hillier or Mr Grossman.

Year 12 Biodiversity Course

On 12 September as part of Biology A Level we travelled to Epping Forest Field Centre to learn and practise some key skills for gaining and evaluating data for our biodiversity topic.

First we practised pond dipping- taking a small volume of water from a pond and identifying the species present. As a group we identified 17 newts! Our trip also placed emphasis on the 'leave



no trace' idea, this is an ethical step biologists must take meaning they cannot leave rubbish, trample plants or take any of the site being observed with them, it must be as though they were never there.

In the afternoon we learnt the different methods of abundance used when using quadrats - this extended our GCSE knowledge where we wrote up methods about using quadrats but had not used them in reality. It was a fun activity and we evaluated the success of various methods within using quadrats- another key skill of the A Level is identifying

limitations within a method.

Finally we experimented using random sampling, where we used a random number generation to choose an area to quadrat, we identified common species in the area such as bracken, rush and brambles. This was an amusing activity as we had to climb through some very overgrown ferns to reach our areas to analyse.

As a whole our trip to Epping Forest was very fun and interesting and helped us to understand the technique we write about in practise. We gained skills in method writing, evaluation, practical skills and all left as better biologists than we entered.

Saskia, Year 12

Anatomy Club

This was the first Anatomy Club meet for this academic year and we began with the dissection of a starfish. The students snipped around the central disc to reveal the stomach. They carefully removed the stomach tissue to see the ring canal, which is part of the system to control water in the organism. Next, one of the rays was opened up. Each ray contains part of the digestive system, with the reproductive system (gonads) underneath. Some students also used microscopes to further examine the stomach tissue. Next week, the students will dissect a sheep's heart, again with the assistance of the Sixth Formers.



Year 9 CREST Awards: Thursdays after school (4:10-5:10pm) B9 Lab

CREST awards club for Year 9 students will be starting next Thursday 26 September after school in B9 Lab. CREST is a scheme that inspires young people to think and behave like scientists and engineers. Bronze Awards introduce students to project work, empowering them to work like real scientists, technologists, engineers or mathematicians. Students choose their own topic and methodologies, giving them complete freedom over their work.

You need to complete at least 10 one-hour long after-school sessions to give you time to complete your experiments (we can make it 12 sessions so that you can use it for your DofE skill if you want to). Previous projects have looked at: which crisps are the crispiest; what are the best conditions for plant growth; how can we detect latent fingerprints; investigating dirty hair; making moving pictures using a zoetrope; making sustainable fizzy drinks; and looking at the strength of materials. Come along to B9 Lab next Thursday at 4:10pm if you are interested in taking part. You get to work on your project in a small group and it is really good fun.

KS3 Science Question of the Week

This week we kicked off KS3 Science Question of the Week by asking students to make their own helicopters, and then send in videos/pictures of their creations. We were very pleasantly surprised by the number of students who took part and sent in videos of their helicopters this week. 5 merits were awarded this week to congratulate all the pupils who took time to complete the task this week. cA commendation was also awarded to Cara C for her fantastic video, and also being the first to submit her answer. Well done!

Eco News

Summer Wildlife Photography Competition

Congratulations to Charlotte in Year 8 who won the summer wildlife photography competition with her picture of a seal in Monterey and to Isabella in Year 9 who was runner up with her picture of a bee on lavender taken in London. Thank you to everyone who submitted their photographs. The Sustainability Officers really enjoyed looking at all your entries.



Channing Archives

One of our alumnae visited the Senior School for a tour and brought along this magnificent staff photo from 1967, along with some other archival treasures! I wonder how many of them our alumnae and former staff can name?



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