



Dear Parents,

This week in assembly we reflected on the importance of tradition and ritual in our lives. I framed the assembly by looking at the work of the singer Joe Cocker. My taste in music is rather eclectic and I feel for Ms Newman who comes into my office every morning only to be subjected to yet another strange sound that is not really her cup of tea. I fear that my blaring out German punk rock the other day may have nearly pushed her over the edge. Having listened to some of Joe Cocker's albums over the summer, one song stood out to me. In 'N'oubliez jamais' he highlights that it is the natural inclination of youth to rebel against what came before.

*Papa, why do you play all the same old songs  
Why do you sing with the melody*

*Cause down on the street something's going on  
There's a brand new beat and a brand new song*

*(he said)  
In my life there was so much anger  
Still I have no regrets  
Just like you, I was such a rebel  
So dance your own dance and never forget*

*N'oubliez jamais*

*I heard my father say  
Every generation has its way  
I need to disobey  
N'oubliez jamais  
It's in your destiny  
I need to disagree  
When rules get in the way  
N'oubliez jamais*

We adults forget at our peril that young people are hardwired to reject what they perceive as stuffy and old-fashioned, looking for new ways to engage with the world around them. However, I also feel that we must n'oubliez jamais that there is a place for tradition and ritual in our lives that is extremely important (please forgive my terrible use of English/French).

Human beings come together for a multitude of reasons. We like to celebrate together and share our successes. We also experience big emotions in communal events. That might include weddings or, at the other end of the spectrum, funerals. And, of course, we often worship in groups. Every major world religion has some aspect of communal worship. Coming together is clearly important to us.

It is also important to come together and navigate what it means to be human. We have done this for tens of thousands of years, using art, music, stories and dance to share common causes. Some of the earliest art in the world shows clear signs of communal work and a desire to pass on a legacy.

Rituals and traditions help us to speak the same language. I don't mean English, French or Spanish, but having the same points of reference, especially emotionally. They help us to publicly feel and express emotions and, maybe more importantly, to empathise with others. Traditions link us across generations to our very first ancestors and it personally gives me great pleasure to think that humans millennia ago participated in activities that we can recognise in some form today. They also allow us to reevaluate what has come before us, to learn from our shared history and to move forward as a community. Most importantly, perhaps, they give us comfort in uncertain times. People thrive on routines and shared joy or pain and coming together in an organised and ritualistic fashion helps us deal with these emotions.

Looking at the micro level, I suggested to the school that traditions help us build routines that make life predictable and give us a clear pathway through our day. This might include coming to assemblies, reading periods, or navigating the lunch queue. They also create shared experiences which make Channing the unique place it is. Skipping Out, House Charity Weeks or Channing Christmas come to mind in this respect.

In summary, whilst I agree with Joe Cocker in principle and would always encourage the exploration of new ideas and the pushing of boundaries that is so typical of young people and so important for society, I would also urge us to think about why we do things in a certain way and to promote rituals as a way to help us create a functioning community, based on mutual respect and empathy.

Speaking of community, I would particularly like to thank Ms Lindsay for organising the 'Big Sleep Out' last weekend. Her team of staff and a number of our pupils braved the elements to sleep outside last weekend to raise awareness for homelessness. Nobody would pretend that this experience is comparable in any way to the perils and challenges of living rough, but highlighting the plight of so many of our fellow Londoners and helping our pupils develop empathy and compassion is hugely important. I am grateful for everyone who participated.

Last but by no means least, I would like to wish g'mar chatima tova to our Jewish families observing Yom Kippur this weekend.

With warmest wishes for the weekend,

Mr Freddie Meier  
Deputy Head


## Notices

### **ABRSM Practical Music Examinations - AUTUMN TERM, w/c 2 December 2024 - APPLICATIONS CLOSING**

We will be holding Autumn Term


**Practical** music examinations over two or three days during **w/c 2 December 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.

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 Wednesday 16 October** at the latest. Regrettably, we will be unable to process late applications.



### ABRSM Examinations

Examinations are scheduled to take place for 2-3 days during **w/c 2<sup>nd</sup> December 2024**



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

*Consent forms must be submitted by **4pm Wednesday 16<sup>th</sup> October**.  
Regrettably, late entries cannot be accepted.*

### **Pupil librarians - applications open for Years 7-11**

The pupil librarians scheme runs from 4 November to 23 May and involves pupils volunteering in the library once a week at a convenient time for them. Pupil librarians will learn new skills and help shape the library service for everyone. The [job description](#) and [application form](#) have been shared with pupils and they have until Friday 11 October to apply.

### **Volunteers needed for Sixth Form interview and assessment skills event**

This year our Sixth Form interview and assessment skills event will take place on **Monday 25 November** from **1.15 - 3.15pm** during the enrichment session. We hope to have at least 30 parent volunteers from all year groups carrying out short practice interviews with sixth formers, giving them opportunities for networking and helping develop their employability skills. If you could spare some time to help, we would be very grateful. Please indicate your availability here: [Interview skills event](#) *Ms Wilberforce*

## **Channing Association News**

### **Senior School Parents' Quiz Night - Wednesday 6 November, 7pm**

Fancy yourself a pub quiz expert? Know other parents who are too? Think you could pass your daughter's end of year exams?!

Please join us for a fun evening of quizzing, food and drinks (and maybe the odd GCSE question) on Wednesday 6th November. Arrival drinks and food from 7pm, quiz starts 7:45pm.

Tickets £35 including complimentary arrival drink, a delicious dinner and quizzing.

BYO alcoholic drinks (glasses and ice buckets will be provided) - Soft drinks available to buy throughout the night.

Teams of 6 to 10 accepted. Haven't got a team yet? Let us know when you buy your tickets and we will add you on to one.

Tickets on sale now at <https://bit.ly/ssquiz2024> - places are limited so please buy early to avoid disappointment!

### **Class Reps**

Thank you to everyone who has volunteered as a class rep for the new school year. We have now set everyone up in Classlist, please check that details for your class are correct.

We are still looking for reps for a number of classes - repping in the senior school really helps to create a parent community when most of us don't see each other at the school gates and it takes a maximum of an hour most weeks. If your daughter is in one of the following classes and you are interested please contact Alex Bennington or Lucy Menendez via Classlist or email [sschanningassociation@gmail.com](mailto:sschanningassociation@gmail.com)

Classes currently without a rep are: 8VS, 9EH, 9KN, 10GH, 10MG, 10SFr, 11GR. We are also looking for a couple of year group reps for Year 12 who would also be interested in being involved in Year 13 next year including the Year 13 leavers' party.

### **CA AGM - Monday 14 October, 7-8pm**

The Channing Association AGM takes place this Monday from 7pm in the sixth form centre. All parents from junior and senior school are invited to attend. Please RSVP via the event in Classlist if you are able to join us.



CHANNING

# Girls Enjoying Success

## **History News**

### **Pursuit of History Programme Launch**

This week saw the first session of the Pursuit of History Programme on the topic of Russia through the eyes of Dostoevsky. The session was led by Mr Raine and Ms Wilkinson with the principal aim of providing students with an opportunity to develop their independent learning, thinking skills, and super-curricular knowledge. It intends to teach these skills early and provide a 'tasting plate' of topics from which they can increasingly specialise as the years progress. Students are given pre-reading and asked to research the topic for the next month. The amount they revise is up to the student. The topics are always super-curricular and alternate between History and its relationship with other associated subjects.

The club is focused on year 10-11 and is open to anyone. Our next meeting is on 12 November and the topic is World War I in myth and memory. See Mr Raine for more information.

## Music News

### Music at Lunchtime

Last Friday's recital kicked off with a smooth yet exciting performance of 'Hungarian Dance No.5' by Brahms, with Georgie M in 10ZB nailing the contrasting sections on the clarinet. Next, Yasmin L in 9JB gave us another beautifully contrasting piece, but this time on the violin, with masterful unaccompanied sections to show off the wide tessitura and varying speeds that Allegro from Concerto in D minor by Mendelssohn employs. Then, we had the 'Hippopotamus Rag' by Skaila Kanga, played by Rafi C in 8VS on the harp. A sweet and thoughtful tune, it was then followed by 'Seesaw', a more melodic yet just as emotional piece. After that, Eliana P in 9EHi played 'Funk' by Alan Vizzutti on the trumpet, which was, as you can imagine, funky. Everyone in the audience was tapping their foot along to the jazzy tune. Finally, Borbála C in 12EHa sang a set of beautiful traditional songs, 'Aranyalmás az én selyem keszkenőm' translated as 'I have golden apples on my silk handkerchief', all of which are based on a traditional Hungarian dance. Borbála's beautifully powerful voice complemented her relaxed demeanour onstage. Do listen [HERE](#).



*Reviewed by Eve C, Year 12*

## Art News

### Y7 Photography Club

This week the photographers used shots from a previous week to explore editing possibilities with procreate to form a composite portrait combining human and animal features. These examples are by Cecilia, Rebecca and Grace.



## Sustainability News

Next Friday 18th October we are having a non uniform/wear something green day to raise money for the charity [just one tree](#). This is the 3rd year Channing has supported this charity and we have so far raised enough money to plant 1602 trees. The charity estimates that Channing's forest trees planted in Brazil, Madagascar, Mozambique, Nepal, Haiti, Indonesia, Kenya and Zambia will remove approximately 493.42 tonnes of Carbon Dioxide from the atmosphere over the next 25 years.





## Imperial College London's 'Science in Medicine Schools Team Prize'

This week, we took part in the final of the Imperial College London's 'Science in Medicine Schools Team Prize' - Scleroderma and Raynaud's UK category. In this competition, 235 schools had entered across the 5 different prize categories which included heart health, lung health, global health and vasculitis as well as Raynaud's. This

has been a project which we have been working on since June last academic year, carrying out thorough research and development as a team on our theoretical nail polish to help ease the day-to-day lives of those suffering with Raynaud's. We were shortlisted for the online final and presented our research project on 'Ray Polish' to a panel of 12 judges alongside the other schools competing in the competition. We are still waiting for the results!

**What is Raynaud's Phenomenon?**

- Raynaud's is a condition that involves reduced blood circulation, especially to the fingers and toes, as a result of stress, anxiety or exposure to the cold.
- During a Raynaud's attack, there is excessive narrowing of the arterioles and capillaries in the fingers and toes, causing them to change colour.
- The skin turns white as blood flow is restricted, and eventually turns blue due to the lack of oxygen.
- The skin will then turn red as blood flow returns.
- Raynaud's is a chronic condition with no known cure.
- There are an estimated 10 million people living with Raynaud's, the majority of these being women under the age of 30 years.
- Symptoms are usually reversible but in very severe cases can cause permanent damage involving skin ulcers, scarring and gangrene.
- Additional symptoms include:
  - Pain
  - Numbness
  - Sensation of prickling or tingling

**What is our product?**

Ray Polish is a colour changing Nail Polish that responds to any drops in body temperature, and so will be able to detect any oncoming Raynaud's attacks through temperature change. This will alert the person to get into an optimal environment or take the necessary steps in order to prevent the oncoming attack.

For example, they could get to a warmer environment or wear gloves in order to retain heat or even add another layer when the colour change of the nail polish indicates that circulation is poor and body temperature may be too low. If the user then does have an attack they are able to use our RAY APP in order to log this and further manage their Raynaud's through the app.

**Roles in the team**

Maya Chitre - Research, marketing and app design  
Lucy Hunt - Research, marketing and graphics  
Isabella Preston - Research, app design and graphics  
Saskia Ransford - Research, marketing  
Charlotte Sawtell - Research, finance and marketing  
Priya Tiwana - Research, finance and marketing

**Steps for development**

- Research and development - use primary Raynaud's patient data and collaborate with scientists to create a safe nail polish formula
- Product design - create various nail polish colours and see which changes colour at the desired temperature of 20.5°C
- Manufacturing - mass producing the polish and bottles, using recycled glass, in UK factories. Recycled glass is obtained by asking previous customers to return their used Ray Polish bottles to one of our beauty partnership stores, where they will be collected and transported to our factories.
- Product distribution - transporting our product to local pharmacies and beauty stores, e.g. Boots, across the UK.

**Feasibility**

- The profits from the Ray Polish™ app's subscription will be used to fund production of the polish. Profits made will go to be reinvested into capital and production of the Ray Polish in aims to increase our productive potential as a firm to increase output, enabling us to reach a wider audience and expand business.
- Our product will be sold to both private and NHS pharmacies along side nail salons, making our product more accessible to all.
- Our product as being easy-to-use will in the long run save the NHS costs of appointments and consultations made by patients who are struggling to manage their Raynaud's by themselves.
- To minimise additional costs to the manufacturing of the product we would use recycled glass to manufacture our polish bottles as well as offering a free return of empty bottle so that they can be reused and recycled for another user.

**Clinical Trials**

- During clinical trials, we will ensure that we test keratin nail cells and skin cells.
- We will then test on a large group of healthy people to identify any side effects related to the nail polish.
- Before being given the product, volunteers will be given user-friendly instructions and a list of all the potential side effects to ensure informed consent.
- In the clinical trials we will put people in different situations (this will be specified in the instructions)
  - Stressful environments
  - Cold environments (e.g. being in a supermarket)
- When assessing a smaller group of volunteers, our sample will be stratified. Therefore as 80% of the population in the UK that have Raynauds are women, our sample will have 80% women.
- In the clinical trials we are looking for sensitivity, longevity, and non-toxicity of the nail polish.
- The data will be anonymous and will be shared with the NHS only.

**How our product works**

Thermal colour-changing nail polish uses thermochromic pigments composed of microcapsules containing leuco dyes and temperature sensitive activators. The activators change the crystalline molecular structure of the leuco dyes in response to temperature fluctuations, causing a reversible colour change.

This temperature-dependent chromatic transition occurs when the hand temperature changes to 20.5°C from normal hand temperature of 30.56°C in females to 32.2°C for males.

Our product will allow enough time for the person to move into a safer temperature environment, therefore reducing the risk of a Raynaud's attack occurring.

Our product is non toxic, hypoallergenic which are suitable for skin contact as it doesn't contain Toluene formaldehyde resin which is the most common cosmetic contact allergen. The nail polish is durable and chip resistant retaining its thermochromic properties. When cold, the solvent in the nail polish will become a solid so it will bond to the weak acid as well causing the colour change in the polish. By altering the melting boiling point of the solvent our polish will be more sensitive to changes in temperature.

**The App**

Our app available on Android and iOS, scannable via the QR code on the side of each nail polish bottle, aims to create a unique experience for each Ray user.

Users will be able to log the frequency and severity of attacks and any triggers have which may have caused the attack so they are able to closely monitor their symptoms and contact their health provider helping them feel a sense of control over their Raynaud's.

Our app will have a chat system which can connect members with a larger community of those suffering with Raynaud's, allowing people to exchange advice and tips on how to manage their symptoms. Along with an automatic AI chat which will analyse symptoms and possible therapies changes the user will be able to make to perhaps make symptoms more manageable as well as creating graphs and charts to depict any trends in attacks.

The app will also feature a subscription option where users of the app will be able to subscribe for a fee for monthly shipments of seasonal and latest nail polish colours so individuals are not limited in expressing themselves.

*Isabella P, Charlotte S, Priya T, Maya C, Lucy H and Saskia R, Year 13*

## English News

### Creative Writing

On Wednesday this week, Lillia H in Year 11 attended an awards ceremony given by the Poetry Society. She collected a prize for her outstanding achievement in the prestigious Foyle Young Poets of the Year Award. She was selected by a panel of judges as one of 85 commended poets in a competition which received over 17,000 entries. Congratulations to this talented young writer on her remarkable success!

### Sontag Prize for Literary Criticism

Students in years 10 to 12 have an exciting new opportunity to explore a literary topic of interest outside the curriculum in the inaugural Sontag Prize for Literary Criticism! The details are linked [here](#). Please send any questions to Ms Grierson.

## Sports News

### Year 7 & 8 Swimming Gala

On Monday 30th September 2024, 14 Year 7 and 8 swimmers went to Highgate pool to compete against Belmont and Highgate school in a swimming gala. When we arrived we were greeted with many races and opportunities. Even though we faced multiple challenges during the gala we always

found a way through including some swimmers even swimming multiple slots! Overall everyone did very well and it was a success!

*Ellie S and Lilah R, Year 8*

### Netball

Monday saw the U13B team take on Alexandra Park School (APS) in their first Haringey League fixture. The team started off well but APS changed their tactics and we were unable to be consistent with our game plan therefore narrowly missed out on the win. Congratulations to Adela HM who got player of the match; truly deserved!

On Tuesday the Year 8's had a fixture against City of London Girls School.

Although the rain tried to stop our fixture going ahead, the students were adamant that they will play rain or shine!

The A team had a convincing win! The B team drew in a nail biting finish and the C's unfortunately lost out on this occasion. But overall it was a great Tuesday of netball!

### STEM News

#### UKMT Senior Maths Challenge

Our students received so many certificates! 64% of those who took this mega challenge received a certificate. 37 students received Bronze certificates and 10 received Silver certificates. The silver certificates will be given out in Mark reading at Christmas time. We are very proud of all these achievements; and we congratulate especially:

Daisy A: Best in Year 11

Elise C: Best in Year 12 AND best in school!

Scarlett D: Best in Year 13

Here is another question for you to try at home, one of which the above students would have nailed on the day!

21. The crossnumber is to be filled with eight of the digits 1 to 9, which are each used once.

Which digit is not used?

A 9

B 8

C 5

D 3

E 2

#### Across

1. A multiple of 9
3. A square

#### Down

1. A multiple of 11
2. A multiple of 13 and of 19

1		2
3		

### Hans Woyda Competition

It was the first match of the season! Mrs Williams and Mr Bowman have been working with the students at Mathletics on Wednesdays. The first team of the term was: Milla C: Year 9, Cristina C: Year 11, Catherine S: Year 12, Scarlett D: Year 13. They played Westminster City School and what a match! We won the team round but we were unlucky in the next round. There was a nail biting relay where we clawed back a lot of points - especially Milla being extra quick on her questions and stealing lots of points! This earned her player of the match - in her first performance representing Channing! The end result was Westminster City School 36 and Channing 24. We scored a lot of points



but lost out this time! Mrs Williams hosted the match, where Westminster school joined us online, with Mrs Wootton time keeping! Well done Channing!

### Anatomy Club

This week the students dissected a frog. Starting with an external examination, the students saw that both the ears and eyes were positioned towards the top of the head, as is often seen in amphibians, in order to see and hear above the water. They also inspected the tongue which is attached to the front of the mouth, to allow them to capture prey by quickly flicking out their tongue. Next a long incision was made down the abdomen to reveal the internal organs. The liver is very large in frogs, comprising three lobes. They also dissected the heart and the lungs which are positioned behind the liver. Some students then dissected the stomach to see what the frog had eaten recently! They found a small fern and, sadly, what looked like a small piece of plastic.



Next week we will dissect a mouse.

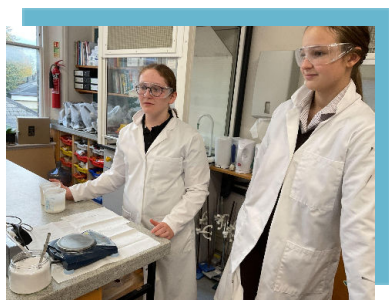
### Robotics and Coding Club

Pupils from St Aloysius' College have started to build their robots. Once completed they will compete by moving plastic blocks from the start line to the finish line. Tiago and Amon have started to build the robot 'Ike', Blake and Rome are building 'Slick', Gouled and Ayaan are building a 2nd generation Clawbot and Samuel is building a 1st generation clawbot. All have made an excellent start.



### Year 9 Bronze CREST Awards

Our Bronze CREST award projects are up and running and we have two teams of budding Year 9 scientists who have begun their investigations.



Violet, Zeruchi and Alizeh are looking at the history of animation and are thinking of working towards building their own zoetrope. They are currently in the process of researching information and methods and today they started to try to make their own flipbook.

Maya, Scarlett and Mariia are looking at recipes for bath bombs and have already begun to test different proportions of bicarbonate of soda. They came up with the great idea of using different food colourings to help them to distinguish between their recipes so that they don't confuse them once they come out of the moulds.

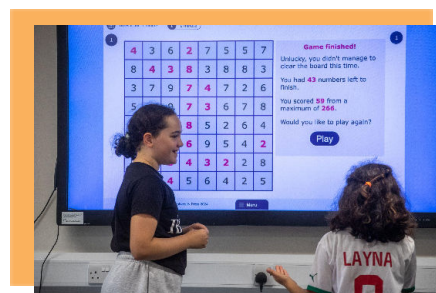
### Partnership News

Over the past few weeks, Partnership clubs/activities have started in both the Junior School and Senior School. We now have Brookfield, St. Joseph's, Whitehall Park and Highgate Primary school pupils alongside Junior School pupils joining in a number of clubs and activities run by Channing staff and Sixth Form Volunteers.



### Problem Solving Club

As Sixth Formers, we lead a weekly problem-solving club for children aged 9 to 11 from the Junior School and Highgate Primary school, fostering a fun and engaging environment for young learners. Each session, we introduce challenging puzzles and collaborative activities that encourage critical thinking and teamwork. Through guidance and support, we aim to inspire a love for mathematics and help the children develop their problem-solving skills. We volunteer because we enjoy helping out with the younger pupils, enjoy Maths and it is a fun break from the rest of our week. The children also make friends from other schools and build their puzzle solving skills.



*Caelle and Charlie, Year 13*

### Science Club



Every Wednesday after school, a few Year 12 students and I assist Year 5 and 6 from Channing Junior School, Brookfield, Whitehall Park and Highgate Primary schools in a Science club held in one of the Senior school labs. This allows us to help them explore more about science as a whole; for example, last week we examined real human tissue samples, which was fascinating for us all, and allowed us to rediscover the novelty of these exciting experiments we take for granted during our studies, all whilst developing our confidence and communication skills.

*Natasha B, Year 12*

### Minimus

On Tuesday afternoons, we welcome Year 6 pupils from 3 local primary schools and the Junior School to join



Minimus club, where we teach an introductory course to Latin and classical studies. We cover basic Latin phrases, to get the pupils used to some vocabulary, and we look at classical elements too, helping them understand more about ancient culture and lifestyle. It is a really enjoyable time where we get to grow younger students' love for Latin.



*Natasha G, Year 12*

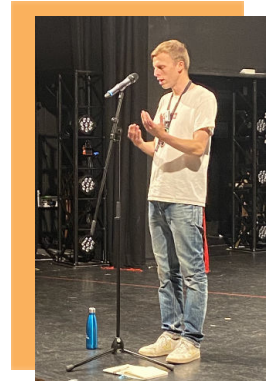
### Harry Baker - Creative Writing Workshop

The English A Level cohort, a group of talented Year 10 and 11 GCSE English pupils and invited guests from St Aloysius' Sixth Form were given a creative writing workshop by the World Champion Slam Poet, Harry Baker. Harry performed a poem about an item which brings him joy: his wellington boots. We were then tasked with writing our own poems about something that brings us joy. Our items ranged from Uggs, keys, cuddly toys and a variety of food items. Afterwards, the whole of Channing Sixth Form, the writing group and guests from Parliament Hill School enjoyed a performance from Harry whose poems were thought-provoking, at times raw,

heartwarming and most importantly, fun! Thank you to Harry and all the staff and pupils involved in the event; we look forward to reading some of the work produced in the workshop.

#### Pupil Testimonials:

*'We really enjoyed Harry Baker's poetry workshop and performance; slam poetry is not a part of the A-level course, so it helped to give us a new perspective on the way that we study modern poetry. His eclectic mix of hilarious and thought-provoking poems made for an amazing performance! On a more personal note, we both loved creative writing at GCSE, so appreciated the workshop as a chance to get creative in a supportive environment and be inspired by a professional poet.'*

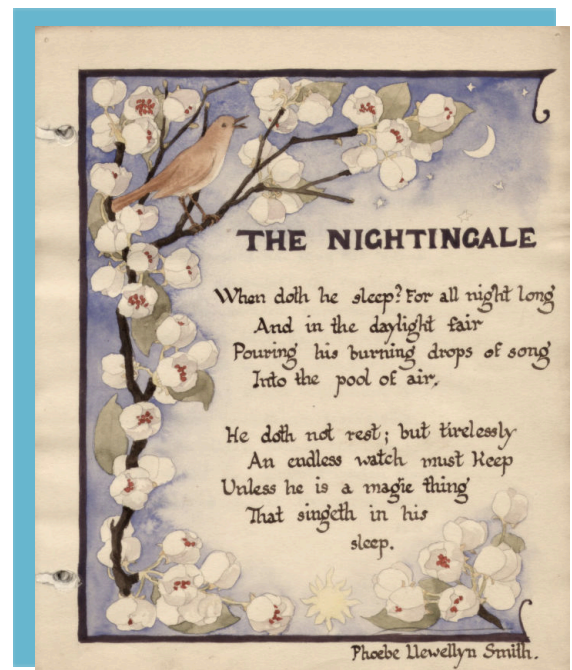


*'Harry performed some of his poems for us, many of which had themes of mental health behind them. Including a poem written for his nephew, younger self and anyone who has been or is currently experiencing bullying which spoke about being different and the fact that it isn't actually a bad thing, it's just sometimes something that other people don't understand. He also read to us his poem titled 'Wonderful' which is about never taking how amazing life can be for granted. A specific quote from this poem really stood out to me, 'you cannot be in traffic, without being traffic'. This line made me pause to think about how sometimes I forget that I am not watching life pass me by but rather that I am living life too.'*

*I am ever so grateful to have had this opportunity to hear Harry Baker live and to hear advice through an unusual outlet and I recommend his poetry to everyone.'*

#### Channing Archives

A lovely poem to warm our hearts as the nights grow longer and Autumn makes herself known!



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