



Dear Parents,

This week I have had the pleasure of interviewing a whole host of girls who would like to join Channing in Years 8, 9 and 10 in September. One of the questions I ask them is about the Channing Promise, the backbone of the school's culture and the foundation on which our community is built. It's all about kindness, respect and inclusivity and I ask our prospective pupils what these words mean to them, and how they have seen them in action in their own lives.

The responses are truly heartwarming. I have heard some glorious examples of kindness, from holding doors open and comforting friends during difficult times to raising money for charity and going out of your way to help those in need. Their perception of respect has also been interesting: not just respect for others' opinions, which I had expected to hear, but respecting other people's privacy and need for space too.

However, the word which gave me the most interesting responses was inclusivity. Certainly, I heard some straightforward definitions, such as not leaving people out in the playground and ensuring that new pupils are made to feel welcome, but there were also some really sophisticated answers. Girls talked about the importance of equity, of understanding that differences are to be valued and the power of others' experiences in helping you shape your view of the world.

It was serendipitous, then, that our assembly on Tuesday was led by Priya in Year 13 and sisters Ramun and Roop in Year 8. Priya explained that they have two things in common: firstly, they are cousins and secondly, they are Sikh. Between them they explored the history of Sikhism and shared the importance of Vaisakhi, the Sikh New Year and harvest celebration which takes place in April. They emphasised the importance of inclusivity, humility and service in Sikhism. Priya ended by talking about the importance of inclusion and the lack of mainstream Sikh representation in television and film. I will admit that I went home on Tuesday night and re-watched *Bend It Like Beckham* as a direct result of what she said - while the 90s clothes gave me some nasty flashbacks to the fashion faux pas of my youth, its message stands the test of time and is certainly worth another look if you haven't seen it in a while.

Priya ended with a quote from Guru Nanak Dev Ji: "Before becoming a Muslim, a Hindu, a Sikh or a Christian, let's become a Human first." This really resonated with me and goes to the foundation of our Unitarian values too. I am enormously grateful to, and proud of, Priya, Ramun and Roop for asking to take the assembly and holding the Sports Hall rapt with their presentation.

Student leadership is a huge strength of the school and we are approaching the emotional end of the Year 13 Officer team's year in post. This morning Aimee and Eve gave their last assembly as Head Girls, reflecting on their year as leaders of the school and what they have achieved. Their leadership of School Council has yielded a lot of really useful insight into the pupils' experience of life at Channing in a whole range of areas and perhaps their proudest achievement is revamping the Channing Promise to make it more focused and relevant for the school community and ensure it remains at the heart of all we do:

A student-made promise for everyone

We promise to...

- ★ Treat everyone with respect and kindness
- ★ Think of others and be aware of their feelings
- ★ Create a supportive environment with freedom for thought and voice
- ★ Make the most of all the opportunities we receive with a positive and appreciative attitude
- ★ Uphold fairness and inclusivity in all we do.

On Tuesday we will see the Officer team's review of their year, before revealing the new team in Mark Reading on Friday 4 April. The handover from the outgoing Officer team to the new one is one of the most important traditions at Channing and I can't wait, both to thank the outgoing team for all their endeavours and announce the new team to the school!

For now, let me say Eid Mubarak to all our Muslim families who will be celebrating this weekend: wishing peace, joy and prosperity for you and your loved ones this Eid Ul-Fitr. Likewise happy Mothering Sunday to those of you who will be made much of by your children or pampering your own mothers on Sunday. My thoughts are with those of you who are not able to do so in person and instead are remembering your mothers this weekend.

And to all members of the Channing community, whatever you are doing, my warmest wishes for the weekend.

Lindsey Hughes
Headmistress

Notices

Book donations - we are no longer accepting donations

Thank you so much to everyone who donated books to the Ally Wylie Tower Foundation. The charity is really grateful and said the books have been very well received. The library can no longer take donations as of Friday 28 March. Thank you.

Jade Francis Talks Alumnae Engagement and Channing Treasures

In the latest episode of [Chatting with Channing](#), we speak with Jade Francis, the dedicated Alumnae Engagement and Archive Manager at Channing School. Jade shares insights into how she nurtures connections with alumnae through unique networking events, reunions, and the innovative [Channing Connect](#) platform.

Discover how Jade, who maintains the strong bonds among alumnae, from reunion gatherings to the memorable moment when alumnae returned to celebrate a hen weekend with a nostalgic netball match. Jade also highlights the significance of the school's archives and her personal passions outside of work.



Listen now on [Spotify](#), [Apple Podcasts](#) or the [Channing Website](#) and stay connected with the vibrant Channing community!

Forthcoming Events

Channing Jazz Evening - Thursday 3 April at 6.30pm in the Arundel Centre.

There will be a professional Jazz Quartet led by our own saxophone teacher and top class jazz musician, Theo Travis. The professionals will be supported by, and play with, our own pupils with performances from the Channing Jazz Band and vocal 'spotlight' opportunities for singers. Our own pupils will also be playing and singing with the professionals giving them a great opportunity to develop their talents.

Tickets are priced at £15 (children under the age of 18 are FREE but do need tickets) and are available here: [Jazz Ticket Booking](#). Seating will be downstairs, informally around small tables in front of the stage, and a finger buffet is included in the ticket price. There will also be a licensed bar. Seats will be available in the balcony upstairs as an alternative, but drinks and food are not permitted upstairs.

This event is always very popular; do get your ticket orders in quickly!



Girls Enjoying Success

CHANNING

Wellbeing Week 2025 - A Sense of Community



This year's Wellbeing Week began with a fantastic parents' webinar provided by Tina Lond-Caulk, *the Nutrition Guru*. Her presentation placed the importance of diet at the centre of our wellbeing, with many tips on how to improve sleep, manage anxiety and improve low moods - all connected to the food we eat. I was pleased to see over 60 Channing Senior School parents attending the presentation on the day, and I know that many of you have watched the video which was linked in last week's WFTH. [Here is the link again](#) if you haven't seen it yet. Food for thought!

On Tuesday afternoon, Year 7 pupils attended a series of workshops designed to encourage them to connect with other people in their houses. Many thanks to Mrs Garrill who provided sessions about creating friendships, Ms Vince who ran interactive workshops on Forum Theater, Ms Lindsay and Ms Della-Porta who used a large ball of string to connect pupils in a trust building exercise, and Ms Mohabeer who led wonderfully relaxing meditation activities which demonstrated her expertise as a sound therapist.



On Wednesday, pupils examined *How to Recharge our Batteries* in their latest form time activity from [Good Thinking](#), an NHS approved website which provides support and advice for young people living in London. Form Tutors have been delivering these sessions throughout the year and we are currently on Number 8, with just two to go before the end of next term.

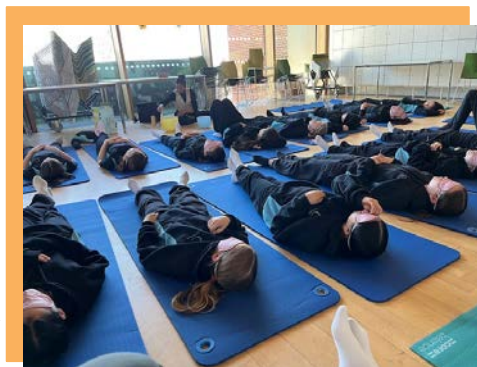
On Wednesday and Thursday, all year groups in the senior school were able to listen to a talk on the science and research behind the PEBE sports bras, and were then able to have sports bra fittings led by the team in private and comfortable environments.

'This experience was so beneficial for all students involved and provided an important insight into the importance of a comfortable and supportive sports bra. The feedback from the sessions have been so positive and a great way to conclude wellbeing week in 2025.'

Natasha H and Mimi H our Year 12 PE Leaders

I found this workshop helpful as it taught me about how we grow and why we need sports bras. It also helped me learn in the future what types of sports bras to buy and my size. These sports bras were extremely comfortable and you can change the length of the straps easily. They come in so many different sizes which is very inclusive. I have learnt so much from this workshop as it was so interesting and feel much better about finding the right bra.

Mia M - Year 7



In addition, pupils in Year 8 helped me to make smoothies which were appreciated by many during Wednesday lunchtime, and the Year 9 Wellbeing

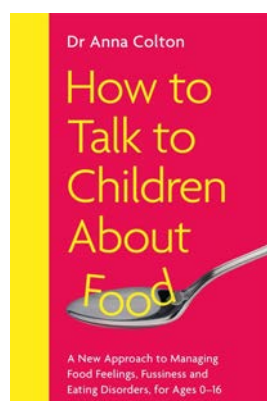


Ambassadors also met to develop an assembly to highlight how impactful four simple letters 'R U OK?' can be in supporting one another.

Thursday's events involved Ms Vince's community activity during form time, in which pupils from different year groups were asked to work together to build towers from spaghetti and marshmallows - an exercise which proved trickier than anticipated! Well done to Year 8 Spears who built the tallest tower using lots of ingenuity..... and sellotape!

Elsewhere, pupils in Year 8 discussed the complexity of feelings in their PSHE lessons, and Year 9 forms continued their wellbeing carousel with lessons about economic wellbeing and online gambling addiction. I must thank Jen Barnaby, our wonderful school counsellor, for all the work she has put into supporting colleagues and pupils during Year 9 PSHE lessons about Understanding Depression this term.

I am also incredibly grateful for the continued work of Sabina Gray, a recovering addict who has been sharing her story and delivering a powerful drug awareness message at Channing for many years. Colleagues reported that pupils in Year 11 couldn't stop talking about her presentation afterwards, with many describing it as *the best PSHE talk they had ever had*.



On Friday Dr Anna Colton came into school to provide pertinent seminars about *Disordered Eating* with Year 8, and *Coping With Uncertainty* with Year 9. It is great to have such a respected advocate for children's wellbeing connected to our school community, and I know that many of you are already aware of her new book - *How To Talk to Children About Food*, which has been described by one reviewer as, '*an eye-opening and shame-free guide on how we improve our children's relationship with food*'.

In addition, the Sixth Form considered how to manage anxiety in their weekly assembly, and Year 13 students attended a fascinating presentation about safety at university with Channing PSHE favourite, Deana Puccio. I must also thank my wonderful PEP Trainers in Year 12 who have been providing sessions on wellbeing in a series of PSHE lessons provided by the Mental Health Foundation. They have approached the sessions with a high level of integrity and professionalism that has really been appreciated by both Year 7 pupils and Form Tutors.

Many thanks to the many colleagues who helped to make the week a success, and to all the pupils who got involved so enthusiastically - especially when fruit cups were on offer! I was particularly touched by the many kind comments I received following my assembly on Tuesday about *Unhelpful Thoughts*.

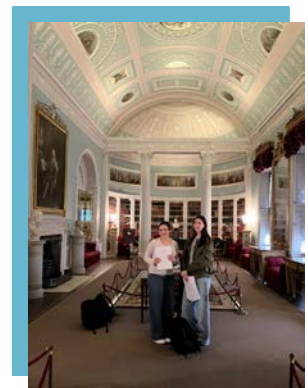
It is often said that it takes a village to raise a child, and never is this more true than during Wellbeing Week at Channing.

Best of Health!
Mr Gittins



History of Art News

Having studied the famous portrait of Dido Belle and Elizabeth Murray this term, the Year 12 History of Art cohort visited Kenwood House on Thursday 20 March. Students had prepared presentations about portraits in the collection which linked to themes of identity explored in class. We were lucky to experience two focus talks whilst at the house: one examined the work of iconic English painter Joshua Reynolds, the other explored the hidden symbolism in Francois Boucher's Rococo masterpieces.



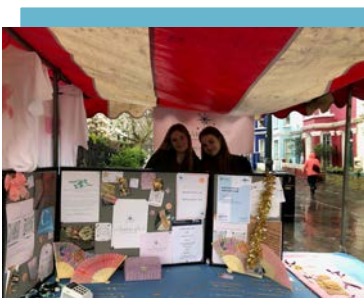
Young Enterprise News

TeeMotion & Charms & Co

Many thanks to Channing friends and family who visited our Young Enterprise teams **TeeMotion** and **Charms & Co** on Saturday 15 March at Brent Cross Shopping Centre and Portobello Market last Saturday 22nd March, when the teams managed to sell some of their their printed T-shirts, charm bracelets, and new necklace range, despite the promised spectacular thunder storm.



The **YE Company Programme Competition** first round will take place at White & Case LLP offices on 24 April, with a follow on round early in May for any successful teams. They are busy bruising up their company report, checking their financial statements and preparing a 4 minute presentation to wow the judges.

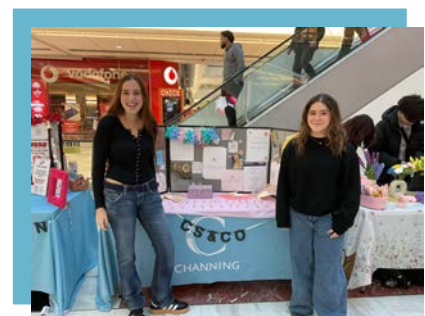


Both teams are happy to accept pre-orders and can create customised items to your specifications. They will also be selling at school this week and next so check out their products via Instagram.

Please follow them on Instagram;

Charms & Co: [here](#)

TeeMotion: [here](#)



English News

Macbeth Trip

On Tuesday, Year 11 students were able to see *Macbeth* at The Globe Theatre. It was satisfying and thought provoking to watch the play we had been studying for months come to life. Many of us were expecting an old-fashioned and classical rendition of the play filled with dramatic staging and costumes. However, the play was far from that. While being exceptionally modernised and keeping us on our toes, it also never failed to subvert our expectations of a traditional Shakespearian tragedy. It was filled with eccentric blocking and movement, including acrobatic witches and the breaking of the fourth wall. However, it still managed to capture the sorcery, brutality and misfortune of 'Macbeth', while not isolating its audience. All in all, we found it to be an extremely helpful and enjoyable experience as it forced us to reexamine the play from a new angle and see the ways in which the messages can still be appreciated and applicable in a changing and modern world.

by Soraya I IHG

National Reading Champions Quiz



On Thursday, two teams of pupils in Years 7 and 8 competed against twelve other schools in the regional trial of the National Reading Champions Quiz. This quiz is run by the National Literacy Trust to celebrate the country's star readers and promote reading for pleasure. Pupils answered over seventy questions on a wide range of popular children's and teen fiction. After a close heat, the teams got an impressive number of correct answers but didn't quite make the top three teams. Congratulations to Team A (Penelope T, Aggie N, Rebecca H and Violet D) and Team B (Hannah C, Cara C and Ettie B-R)!

Library Clubs

This term the library has facilitated a number of clubs, including two new ones: Dungeons and Dragons and Board Games. Here is a flavour of what pupils have enjoyed this term.

Year 7-8 Book Club

This term we've had lots of fun in book club and have started a craft project, a book pouch, and read many interesting books including: *The War that Saved My Life* by Kimberly Brubaker Bradley, *Being Miss Nobody* by Tamsin Winter, *The Ghost of Gosswater* by Lucy Strange (who did a video talk with us to answer all our questions) and we are currently reading the graphic novel *Illegal* by Andrew Donkin and Eoin Colfer. We try to read a range of books in book club and we really enjoy sharing our opinions with other book lovers although sometimes we disagree. But book club is a great chance to voice what you think about books you love or are interested in.

Agatha 7JG



Year 9-11 Book Club

Year 9-11 book club meets in the library on Mondays after school to discuss a wide range of books by a variety of authors, facilitated by Ms Levontine. Highlights this year include verse book *The Poet*

X by Elizabeth Acevedo about a teenage girl who wants to be a slam poet, the sci-fi comedy classic *The Hitchhikers' Guide to the Galaxy* by Douglas Adams, and the thriller *After the Fire* by Will Hill which was inspired by real-life events surrounding the Branch Davidian cult based in Waco, Texas. In keeping with Channing's World Book Day murder mystery theme we have recently read an Agatha Christie novel and will be comparing this to Holly Jackson's *Five Survive* at our last session for this term.

This year we have also had some lively discussions about book-related topics, such as the pros and cons of rewriting/editing children's classics to take account of modern views on issues like discrimination and the merits of adapting books for film or TV.

Dungeons and Dragons Club

In Dungeons and Dragons, we are currently on an island! Dungeons and Dragons is a game which allows players to immerse themselves in it, including quests, monsters and much more. The club runs from 12:30 AM to 1:30 PM in B15 where we eat sandwiches and battle hydras. It's really fun and I would recommend it to anyone who likes fantasy. Thank you to Mr Murphy for being a fantastic Dungeon Master! Valentina 7JG

Board Games Club

In Board Games club this term pupils have played a number of exciting games, including quick strategy games (OK Play, Pentagon), pattern recognition games (Sets, Quirkle), card games (Sushi Go, Mapominoes) and more elaborate strategy games (Splendor). Pupils have enjoyed coming together to learn new games, meet (new) friends, relax on the comfy chairs and hone their gaming skills. Thanks to one of our parents, Dr Bronstein, for his advice on games that pupils might enjoy.

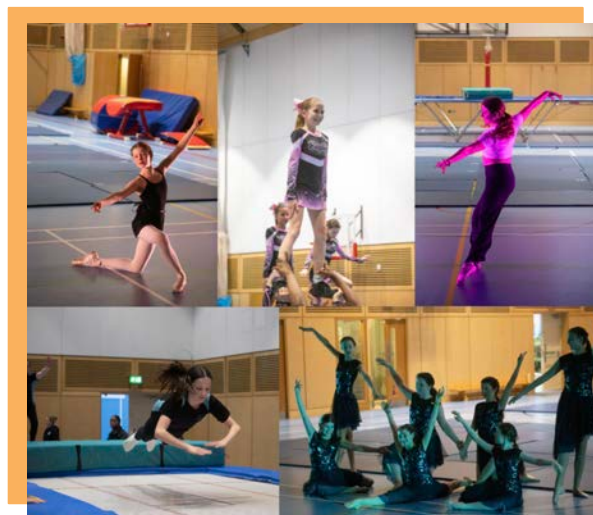
Sports News

Junior and Senior School Cheerleading, Dance and Gymnastics Showcase

On Tuesday, we hosted our first ever Junior and Senior School Cheerleading, Dance, and Gymnastics Showcase. It was truly beautiful to see our students perform in their various pieces, showcasing their dedication and talent.

We opened the show with our vibrant Key Stage 3 Eagles Cheerleading Squad, setting the tone for an exciting evening. Our Year 6 and 7 dance group delivered a dynamic and expressive performance, while our Year 4–8 advanced gymnasts and Key Stage 2 gymnastics squad wowed the audience with their powerful, high energy routines.

Sereny S performed a stunning piece incorporating ballet elements from RAD's Advanced 1 syllabus alongside Latin dance. Our trampolinists put on an exceptional display of skill, and we enjoyed wonderful performances from our students in contemporary and classical ballet ensembles. To conclude the showcase, the Key Stage 2 Eagles Cheerleading Squad delivered an electrifying performance, leaving the audience in awe.



A special thank you to all the coaches from London Dance and Cheerleading Academy, Juliette and Marcy from JTH Sport, the PE department, and Mr. Maliphant-Gray for making this event such a

success. We are also incredibly grateful to the parents for their ongoing support in encouraging their children to participate in these clubs. We are already looking forward to the next showcase!

STEM News

Year 6 and Year 7 Intellino Train Programming Workshop

Year 6 and Year 7 pupils had the opportunity to build their own train network. They wrote their programs in Scratch to move their individual trains and follow fixed routes. They also had to figure out the best use of colour sensors to alter the speed /direction of the trains. They also wrote code to make the train pull a wagon and make a delivery at a train stop. Some of the tracks they created were so large that they could not loop back to the beginning. They had to make the train sense that there was no more track and change route. Otherwise, the trains would have literally fallen off the edge!



Whole School Intellino Train Challenge

A challenging track was set up by Intellino train master Allen Tsui on Friday at Lunchtime. All pupils were invited to take part in the challenge. The pupils had to use their maths skills to work out the weight of the trains and wagons. Use their physics knowledge to calculate the best speed to climb an inclined track and make a turn without falling off. Then they had to use their computing skills to program the train to move with those values at the required time. It was a very interesting competition with pupils from the 6th form and Year 7 competing against each other. In the end, they worked together to crack it.

Year 8 Smart Doctor Activity

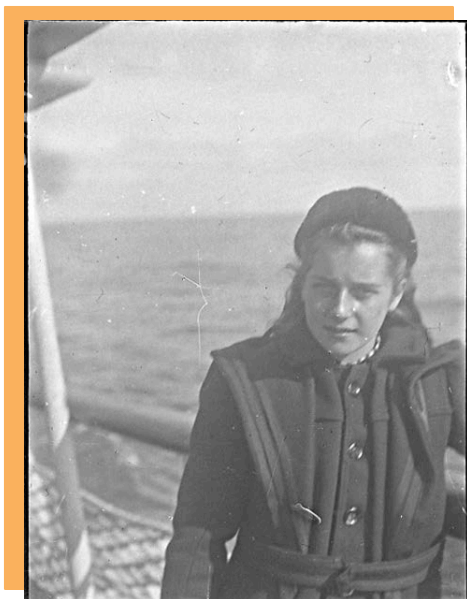
Year 8 pupils were given the choice of two Python challenges. The first was to write a Python program to diagnose a patient's symptoms and suggest a treatment. The second option was to train a doctor and create a quiz with symptoms and ask the doctor for treatments. Congratulations to Holly K who completed both the options in one lesson. Below is a snippet of code for patient diagnosis by Saisha and the training model by Holly.

```
print("Welcome to the Symptom Checker!")
print("Answer the following questions with 'yes' or 'no'.")
print("Do you have a fever?")
fever=input().lower()
print("Do you have a sore throat?")
sore_throat=input().lower()
print("Do you have a headache?")
headache=input().lower()
if fever == "yes" and sore_throat=="yes" and headache == "yes":
    print("You might have the flu. Rest, drink fluids, and consider seeing a doctor if symptoms persist.")
else:
    print("Do you have nausea?")
    nausea=input().lower()
    print("Do you have vomiting?")
    vomiting=input().lower()
    print("Do you have stomach cramps?")
    stomach_cramps=input().lower()
    if nausea == "yes" and vomiting == "yes" and stomach_cramps == "yes":
        print("You may have food poisoning. Rest, drink water, and consider seeing a doctor")
    else:
        print("Do you have swelling?")
        swelling=input().lower()
        print("Do you have bruising?")
        bruising=input().lower()
        print("Do you have pain when walking?")
        pain_when_walking=input().lower()
        if swelling == "yes" and bruising == "yes" and pain_when_walking == "yes":
            print("You may have a sprained ankle. Put ice on it and elevate it")
        else:
            print("Do you have sneezing?")
            sneezing=input().lower()
            print("Do you have itchy eyes?")
            itchy_eyes=input().lower()
            print("Do you have pain when runny nose?")
            runny_nose=input().lower()
            if sneezing == "yes" and itchy_eyes == "yes" and runny_nose == "yes":
                print("You may have allergies. Take antihistamines")
            else:
                print("Your symptoms don't match a specific condition in the checker")
```

```
You are a doctor in training. Let's diagnose your patient!
Patient symptoms:Fever, sore throat, headache
What do you think the diagnosis is?
1 is flu, 2 is food poisoning, 3 is sprained ankle, 4 is allergies
Enter the number of your diagnosis
1
Correct! The patient has the flu!
What treatment would you recommend?
1 is rest and fluids, 2 is hydration and rest, 3 is ice and elevation, 4 is antihistamines
2
Sadly that is incorrect. The correct treatment is rest and fluids!
```

Channing Archives

On delightfully sunny days, like those we've been enjoying of late, a leisurely trip on the sea sounds like the most wonderful idea! I imagine that this alumna might have felt the very same, back in the (circa.) late nineteenth century when this glass plate was developed.



CHANNING



channing_school



@channingschool



ChanningSchool



020 8340 2328



info@channing.co.uk



The Bank, Highgate, N6 5HF