



Dear Parents,

It may have been short but it has certainly been an action-packed week! A particular highlight for the vast majority of Year 9 was the annual trip to the battlefields of World War One at the weekend: as you will see from the accounts in the section below they had a most enjoyable, interesting and thought-provoking time. My huge thanks to Mr Raine, Head of History, and Mrs Bhamra-Burgess, Assistant Head (Co-Curricular), and the team of staff who accompanied the girls, and indeed to the girls who did themselves, and us, proud.

I think it's particularly important to say that the girls did themselves proud as it's not always something they are willing to say to themselves. Just last week I spoke at our first prospective families' open event for the September 2025 admissions cycle and made a point that I often make on these occasions: that our girls are really good at being friends to others but can often fail to treat themselves with the same kindness and consideration. In fact we can speak to and about ourselves in a way that we would never dream of doing to or about others.

You can imagine, then, how this opening section in Dr Kathy Weston's Tooled Up 'Wednesday Wisdom' blog this week struck a chord with me:

Wednesday Wisdom readers are good people; loving people, who have likely attended a parenting talk once-upon-a-time, and ended up subscribing to these weekly musings because they have an appetite for learning and for research.

I am going to bet, dear reader, that you are also someone that cares deeply; about your children and the people in your life who you love. I am going to guess that you occasionally lie in bed at night worrying about these people and about the life that your children are living. I imagine that you think about how family life is going and how things could work better, that you are the kind of person that loathes unkindness, bullying or discrimination, and that you hold and model many pro-social values. I will bet that, in the past, you have raised money for charity, gone the extra mile for a friend, made financial sacrifices for others or given up your time to comfort a friend. You are a loving person, who seeks others' happiness and wants to make the world a better place.

Now, let's talk about the person you see in the bathroom mirror every day. How do you treat that fantastic human? Do you greet them with encouragement and kindness or with daily disdain and exasperation? Do you call them nasty names, mock their body? Remind them that they look old for their age? Perhaps you bully them about their looks and swivel your head from side to side in disgust when they peer at themselves side-on? Do you highlight their imperfections and point out their flaws? Do you sigh and throw adjectives at their image, dismantling their self-worth? Don't you believe that they merit the same kindness, compassion, love, and acceptance that you show others? I do hope so.

As the adults in our children's lives, we need to model the attitudes that we generally want them to adopt. When we look in the mirror (particularly in front of our kids), can we demonstrate the

self-compassion and acceptance that we hope they will express towards themselves? Can we watch our own self-talk?

She goes on to talk specifically about body talk - both negative and positive - and the impact that this can have. That made the email hit home a second time, as I did my winter to summer wardrobe swap over the long weekend and discovered that lots of last year's lovely summer dresses no longer fit me in quite the same way as they did then. It's very easy to castigate yourself for putting on weight (or indeed any other of a multitude of real or imagined failures). When I do so I can hear the voice of an older male colleague in one of my earlier school posts pontificating in the staff room that "People who are fat, smoke or get divorced just don't have any will power". I know that it's not true (not least because I gave up smoking years ago!) but it has certainly - and unhealthily - stuck with me.

Dr Weston went on to say that, "*Once conscious of our own use of body talk and our judgmental scrutiny of ourselves or others, we can start to change the narrative (and the world).*" I couldn't agree more, and it has helped me silence that nasty voice in the back of my mind. I hope that you will be able to take some positive inspiration from [her blog](#) too!

Finally this week, some important staff news. As you already know Miss Weston, Director of Sport, has been signed off school for several months during her pregnancy. She has now started her maternity leave and I am delighted to announce that I have appointed Ms Nelson, our Head of Netball, as the acting Director of Sport for the duration of her leave. I would like to thank Ms Nelson and the PE team publicly for their extraordinary hard work in Miss Weston's absence. They have done a great job of maintaining a strong programme of sport while she has been signed off school for the last two terms, and done so with a fantastically positive attitude, for which I - and indeed our pupils - are most grateful. I know you will wish Ms Nelson well in her new role.

With best wishes for a warm and sunny weekend,

Mrs Lindsey Hughes
Headmistress

Notices

Extra-Curricular Timetable

Please see our new extra curricular timetable. Starting next Monday, 13 May, there are some slight changes to the timetable due to the use of some facilities for public exams.

[W Extra-Curricular TT Summer 2024 WITHOUT NSH .docx](#)

LAMDA Showcase Evenings: Monday 20 – Tuesday 21 May 2024

A warm invitation to the LAMDA Showcase evenings where 64 students present their original interpretations of comic and tragic characters over 2 nights. The students' wonderful creativity and hard work mean the evenings will be highly entertaining. A running order is on the ticket page. <https://www.channing.co.uk/senior-school/senior-school-productions-and-concerts/>.



Requests for help from the Careers Department:

Work Insight Volunteers - Friday 21 June

Could your organisation offer a **Work Insight** visit for some **Year 10 students** on the **morning of Friday 21 June 2024**? Small groups of students, accompanied by a member of staff, spend some time in a workplace, finding out about the world of work. Sometimes organisations ask pupils to complete a pre-visit task, and the visit itself might include a site or office tour, discussions with employees and a work-based simulated group activity. We are particularly looking for visits to organisations involved in **law; business services; the creative sector; retail** and those where **foreign languages** are critical. Please get in touch by completing this [form](#).

Careers Convention - Thursday 20 June

We are also keen to welcome parents, contacts and alumnae to Channing for the **Careers Convention** on **Thursday 20 June**. Miss Wilberforce will be in touch with those who have helped in the past and we hope you can support us again. If you are a parent new to Channing, or have not volunteered before, please do so [here](#).

Year 13 Leavers' Ball - Saturday 22 June

A reminder to Year 13 parents: please don't forget to buy your leavers' ball tickets! <https://www.tickettailor.com/events/channingseniorschoolchanningassociation/1164897>

East London Shakespeare Festival, 7 June - 3 August

East London Shakespeare Festival Presents...

MUCH ADO ABOUT NOTHING

A professional production touring London Parks



Book tickets: www.elsf.uk

Shakespeare's sparkling rom-com! Sun-soaked mischief & romance under the Mediterranean stars...Family friendly!

Higham Hill Hub, 7 - 9 June
Leyton Jubilee Park, 15 - 16 June
Hoxton Community Gardens, 20 - 21 June
Applecourt Arts, 22 - 23 June
Fellowship Square, 27 - 30 June
Highams Park, 05 - 07 July
Lauderdale House, 10 - 11 July

Forest Gate Community Gardens, 12 July
Crystal Palace Park, 15 - 14 July
Clissold Park, 18 - 21 July
Valentines Park, 25 - 26 July
Springfield, 27 - 28 July
Langthorne Amphitheatre, 31 July
Wanstead Park, 3 August




East London Shakespeare Festival
In association with London Borough of Waltham Forest, Hackney Council & Newham Council

MUCH ADO ABOUT NOTHING

Touring London's outdoor parks & spaces.
Shakespeare's sparkling Romcom - sun-soaked mischief & romance under the Mediterranean stars...Set against the luxurious backdrop of a modern-day Messina, this opulent tale is brimming with wit, trickery & mischief with heart coming out on top. With ELSF's trademark contemporary twists and turns, high-energy party numbers & audience participation. Alongside a community engagement programme with lots of opportunities to get involved. Family Friendly!

VENUES / DATES


Higham Hill Hub, 7 - 9 June
Leyton Jubilee Park, 15 - 16 June
Hoxton Community Gardens, 20 - 21 June
Applecourt Arts, 22 - 23 June
Fellowship Square, 27 - 30 June
Highams Park, 05 - 07 July
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BYO PICNICS & MASK MAKING WORKSHOPS
Gates open 60 mins before the show so bring a picnic, bring a chair and soak up the atmosphere. The actors will be running the mask-making workshops - make your own mask and be part of the masked party!

Join our Community Cast and be part of the show,
For more info visit www.elsf.uk

Directed by Rosie Ward and Produced by ELSF, Ursula Early & Rosie Ward

Special thanks to our Partners




Girls Enjoying Success

CHANNING

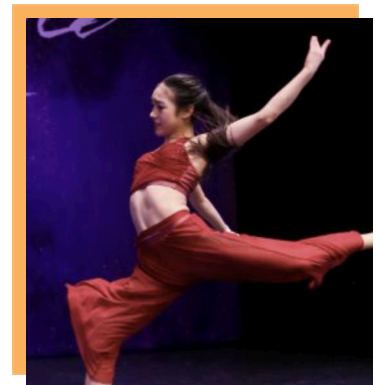
Sporting News

Last weekend, Serrana B in Year 9 participated in the International finals of the Destination Dance competition in Coventry. For her solo routines, she placed third in Teen Contemporary and fifth in Teen Ballet. She also competed in two groups, placing third in the Jazz group category and fourth in the Hip Hop group category. Huge congratulations, Serrana!

Music News

Music at Lunchtime

This week was introduced by two very special guests - the leaving Year 13 students, dressed up as Mr Boxall! They both emulated Mr Boxall perfectly, starting with the introduction of Shahar L in



Year 8, who started this week off with the musical number 'America' from West Side Story on the cello. She played the hard time signature changes with ease and mastered the hard Latin American jazz rhythms. Next was a duet between Siena R and Isabel M in Year 7, singing 'Wayfaring Stranger'. They maintained the pure, soaring high notes and sang together in harmony beautifully.



Next was Eliana H in Year 8, who not only sang 'Teenage Dream' by Olivia Rodrigo, but accompanied herself as well! She captured the intensity of the song through her vocal and dynamic control, making for a very emotional performance. Then, the Musical Theatre theme was continued with Chileshe G singing 'Whistle Down the Wind' by Andrew Lloyd Webber, who sang the angular leaps and high notes fabulously. Following this was Yasmin L, playing 'Capriccio Chaminade' on the violin. She played the difficult piece using very advanced techniques with long runs, trills and plucking, creating an impressive performance.

This Music at Lunchtime was finished with a very special performance, as it was the last performance for Emily B in Year 13. She played the duet of 'Andante and Rondo Doppler' with her flute teacher, accompanied by her mother on the piano. Emily went out with a bang with an absolutely amazing rendition of the piece, with very impressive runs, breath control and call and response between the two flutes. This piece did her musical career at Channing justice, and ended the concert in style. Do listen [HERE](#).

History News

Over the long weekend Year 9 explored the battlefields of Belgium and France. Highlights included Tyne Cot Cemetery, Beaumont-Hamel, the Thiepval Memorial, Vimy Ridge and attending the Menin Gate ceremony. Although over a century ago we can still look to the First World War, and to the Western Front in particular, for examples of enterprise, heroism, initiative and innovation under the extreme duress of armed conflict.



We know that the students will all come away with their own thoughts and impressions. Hopefully some may be inspired to return some day, and we hope they do so. Above all, we must continue our learning, and to do so with an open mind, and without prejudice. We know that this brief Western Front experience will be of benefit and relevance to them in their studies at Channing and in the years to come.

Pupil Testimonials:

Last weekend we visited some of the cemeteries to commemorate the soldiers who died in WWI. No family was unaffected by the war. We started our trip by visiting the Flanders Field Museum which allowed us to investigate the lives of the people of Ypres and those who fought around the town during the war. We were given poppy wristbands which allowed for an interactive experience into a person of your choice. I chose a young boy who was badly wounded but survived. We then visited the Tyne Cot cemetery which holds nearly 12,000 Commonwealth graves from the Battle of Passchendaele. This beautiful place is a stark contrast to the images of war that I saw at the museum earlier. Here we saw where the battle lines were and the 'No Man's Land' which lay between them. We lastly visited Langemark which is a German cemetery and a total contrast to the Tyne Cot in which 24,000 thousand soldiers were in a mass grave with their names written on small brick pillars.

On the second day of our trip we visited Beaumont Hamel, Newfoundland Memorial Park. This was our first experience of the trenches. Where we could understand just how terrifying the constant sounds of warfare and the sights of comrades and friends dying truly was. The moose signifies that the cemetery is mainly Canadian soldiers. We then visited the Thiepval Memorial which is the largest on the Western Front. It commemorates all the soldiers that were missing and never found on the Somme. The sheer size of this was overwhelming and the number of men that died here was beyond imagination. The real tragedy is that not all soldiers could have a memorial due to the sheer number of dead. We then visited Lochnagar Crater which was created by the Royal Engineers Tunnelling Company who placed explosives under the German front line blowing it up and causing the crater. Around it there are wooden planks commemorating all those who had died. There was also a chair called The 'Empty Chair' to symbolise the void left to so many homes because of the Great War. Lastly, we attended the Last Post Ceremony at the Menin Gate where Camilla and Leila placed a wreath on behalf of Channing School.

On our third and final day we visited the French military cemetery at Notre-Dame-De-Lorette. The losses of the French were evident and this was just as moving as the loss of life for the British and the Commonwealth. We also saw the Ring of Remembrance which was circular shaped and had all the soldiers names regardless of nationality in alphabetical order. We then visited Vimy Ridge which was the start of the battle of Arras and this particular area mainly featured Canadian soldiers. We also saw the extensive trenches and tunnels which went on for 7km. We learned that the tunnels were used by messengers to deliver messages, after which, many only lived for a matter of days. This concluded our trip and we headed back home. In my opinion this was a very valuable trip and it really made me appreciate the sacrifice that these men made.

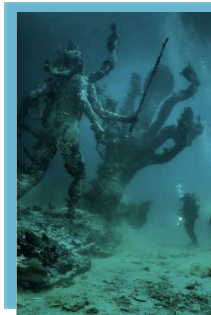
Amelia D-A, Year 9

It was an immense pleasure to go to the Year 9 Battlefields Trip to see all the historic sites that give us all a huge insight to the horrors and triumphs of the First World War. Tyne Cot Cemetery and the French cemetery at Notre-Dame-De-Lorette reflected the huge numbers of lost lives that were sacrificed to create a better world for all of us. Along with the Flanders Field Museum, which showed us that these soldiers weren't just masses of dead bodies but actual people who had morals, lives and families. This trip showed us the dangers that these soldiers suffered through, and seeing the trenches and tunnels made us experience the reality of war and how damaging it was to these young men whose lives were filled with propaganda and hate towards other countries. These beautiful memorials and cemeteries that were dedicated to these soldiers were great for us to view, and the Ring of Remembrance that we saw on the last day was a beautiful tribute to the brave who had fallen on the battlefields that we had the amazing experience of viewing.

Pavi G, Year 9

Classics News

Last week, the Classics Society welcomed Dr Katerina Velentza, University of Hull, to an online talk on the reception of maritime archaeology in the ancient and modern world. We were shown incredible images of sculptures found and rescued from the bottom of the sea and explored how modern artists and filmmakers have been inspired by these discoveries, such as Damien Hirst in his 2017 exhibition 'Treasures from the Wreck of the Unbelievable' and the director of the 2017 film 'Call Me By Your Name.'



Ancient sculptures lost at sea: stories of loss and discovery

Dr Katerina Velentza
Postdoctoral Research Associate in Environmental Humanities
Energy and Environment Institute
k.velentza@hull.ac.uk



MFL News

Year 8 German Trip to the BFI

Our 36 Year 8 Germanists had an introduction to how to analyse a film at the British Film Institute on Wednesday and then watched an award-winning film set in Berlin and describing the experience of high-jumper Gretel Bergmann at the 1936 Olympic Games in Berlin. All A Level languages now include the study of a film which is a popular part of the syllabus.

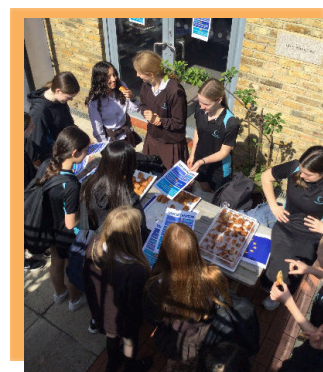


'The workshop was so fun, I now know the words *das Klischee* and *die Milch* that were said in short films that we watched. I learned certain stereotypes like all Germans go to Mallorca on their holidays, or everyone watches a certain program every week on Sunday at the same time. In the main film that we watched in German, *Berlin 36*, I saw what it would've been like to live in pre-wartime Germany, and I picked up words like *natürlich*, *nie* and *altmodisch* (which mean of course, never and old fashioned). It was very fun, and I would definitely do it again if I had the chance.'

Naomi F, Year 8

Europe Day

In order to celebrate Europe Day, Year 10 EPAS Ambassadors wanted to explore the fascinating world of language through a Tongue Twister competition from various languages ranging from Spanish to German to French, a delightful challenge for all the students. We made posters and ran the Tongue Twister Challenge at breaktime in the Piazza, with a tasty prize! Lots of students and staff participated: everyone had to read out a tongue twister either to one of the European Parliament Junior Ambassadors or to one of our language assistants. If we decided that the pronunciation was sound, they were allowed a pain au chocolat! *C'était délicieux!* It was so fun to hear all the people speaking different languages all at once. All in all it was a great success and a way to celebrate languages, flavour, and community - a true testament to the joy of embracing diverse traditions.



Carlotta B and Amara P, Year 10

English News



In Ms McGovern's Year 8 English class students competed for the coveted title of 'Ruler of the Farm', using techniques they have been analysing in George Orwell's *Animal Farm*. Rousing speeches were made by all, with Daisy C emerging as the victor. Congratulations, Daisy - we hope you use your power wisely!

STEM News

Anatomy Club

This week the students dissected a frog. They started by studying the external anatomy: the eyes, nostrils and ear drums, all on the top part of the head. This was followed by an inspection of the large leg muscles, which comprise around twenty percent of the total mass of a frog. Finally the students made a long cut down the abdomen of the frog to examine the liver (composed of three lobes), the heart, lungs, stomach and intestines.



Next week we will be dissecting a mouse.

Maths: Junior Maths Challenge

Well done to those in Year 7 and 8 who succeeded in getting a certificate in the recent Junior Maths Challenge. We have just found our students secured 106 certificates in total: 62 Bronze Certificates, 33 Silver Certificates, 11 Gold Certificates.

Best in Year 7: Lara G

Best in Year 8 and Best in School: Annika S

Kangaroo qualifiers - 11th June: Milla C, Angie R, Annika S, Saumya S, Lara G

Congratulations to our amazing students - and good luck to the students who will be completing the Kangaroo follow on round on 11 June.

Have a go at some questions yourselves at home!!

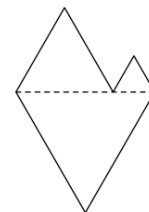
From the UKMT: Junior Mathematical Challenge this year

11. A hexagon is formed by arranging three equilateral triangles, as shown in the diagram.

The side-length of the largest equilateral triangle is 10 cm.

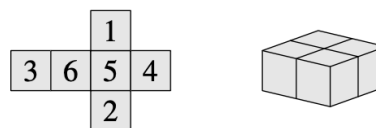
What is the perimeter, in cm, of the hexagon?

- A 45 B 40 C 35 D 30
E more information needed



From the Kangaroo follow on round last year!

24. Emily makes four identical numbered cubes using the net shown. She then glues them together so that only faces with the same number on are glued together to form the $2 \times 2 \times 1$ block shown.



What is the largest possible total of all the numbers on the faces of the block that Emily could achieve?

- A 72 B 70 C 68 D 66 E 64

EPQ Presentations

Year 12 students undertaking the Extended Project Qualification have started presenting their projects this week. The Extended Project Qualification gives students the opportunity to devise and carry out an independent research project alongside their A-Levels. The end-product may be a 5,000-word written report or a shorter report accompanying an 'artefact' - for example a film, app or piece of creative writing. The titles of this week's presentations are listed below. Pupils received weekly lessons in research skills and spent around 90 hours devising, researching and writing up their projects. Each student gives a 15-minute presentation followed by a Q&A. Congratulations to all students for completing this qualification and presenting so eloquently and engagingly the results of their research.

- Erica M - The Post-Postmodern Age: How are ideas of hope explored in 'metamodern' cinema and literature? What can this tell us about the political and social attitudes of contemporary western society?
- Sophie D - To what extent do economic markets distort the morality of those involved in its transactions?
- Farah H - Why does queer art endure? The art response to the AIDS epidemic and contemporary perceptions of transgender identity.
- Haroula V - A combination of the modern and the old: redesigning the Japanese yokai Amabie, considering character and fashion design, historical and cultural concepts, and how these have changed over time. [artefact]
- Olivia P - Who is most responsible for achieving Net Zero in the UK by 2050?
- Tacita T - An exploration into the work, history and process of the Gee's bend quilt makers through an interpretation of their work. [artefact]

Channing Archives

I wonder what the staff and pupils from the 1940/1950s would have made of the fantastic trip to Belgium and France that our Year 9s enjoyed earlier this week?



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