



Dear Parents,

This week has been Wellbeing Week. There have been all sorts of activities and events taking place, covering all kinds of wellbeing. From fruit cups and smoothies at break times to talks on women's health and coping with change, every year group has had something to consider over the course of the week. You parents had your own event too, and if you missed the webinar with Tina Lond-Caulk, the Nutrition Guru, on the topic of 'Eat Well & Feel Great: The science of nutrition for improved academic and physical performance' on Monday evening you can watch the recorded webinar here: [📺 Wellbeing Webinar.mp4](#).

We've also been fortunate to have two really thought-provoking Senior School assemblies this week. This morning our Sixth Form Inclusion Officers and members of the Inclusion Society led a thought-provoking assembly for Neurodiversity Awareness, a topic Miss Hamalis wrote about in her Bulletin at the start of the week and which I will return to in next week's Word from the Head. Today I wanted to share what Mr Gittins, our Head of PSHE and Wellbeing, told us about anxiety in Tuesday's assembly. It's not often that both staff and students are still referring to the concepts shared in an assembly for the rest of the week, but this one certainly caught our attention.

Mr Gittins made clear from the start that he wanted to talk about the day to day anxieties that are problematic for some of us. These are the general anxieties most of us feel from time to time, rather than diagnosed anxiety disorders. Mr Gittins was a Head of Year for many years, managing others' stress and anxieties as well as his own to perform the role. He shared two things that have really helped him in doing so.

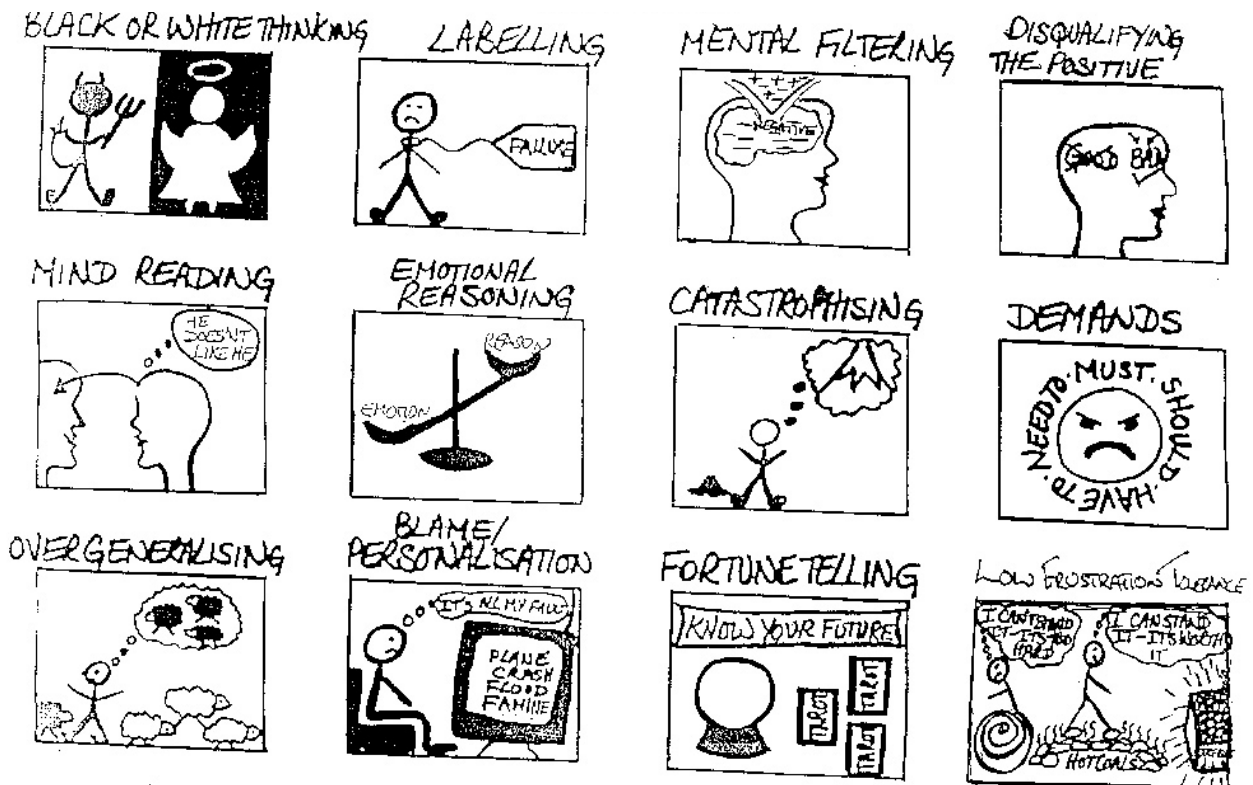
"When I first became a Head of Year, one evening I got into a conversation with a parent about Cognitive Behaviour Therapy. Her daughter, who had been extremely anxious, had started a course of CBT and had found it really beneficial.

There are many different types of therapy. One, the type used by most school counsellors, is where you talk about something that is troubling you. You unpack what has happened, examine it with the professional, and then work out how to repack it in a way that makes it easier to live with.

Then there is CBT. It recognises that there is a relationship between thoughts, behaviours and emotions and it attempts to provide people with a series of exercises to help break this cycle if it has become unhealthy.

I asked the parent if she had any resources from the course and she sent me this rather crudely drawn cartoon depicting 12 Thinking Errors.

But I have to say, this badly drawn cartoon, despite offending my sensibilities as an Art teacher, has really helped me over the years. I had it pinned to my office wall in Haigh House and, if I was worrying about something or feeling stressed, I would look at this cartoon and ask myself - okay, Pete, which ones are you doing? And, quite often, I could identify that I was doing at least 3 of them - mind reading, catastrophising and emotional reasoning were the common culprits.



Having identified them, I then reminded myself that these thoughts were not serving me well, and I would then get on with the rest of my day feeling much calmer. In other words, the act of simply recognising that I was involving myself in 'thinking errors' was really helpful.

A copy of this cartoon has been posted in all the form Google Classrooms. Next time you're feeling stressed or anxious, look at it, and if you recognise that you are engaging in any of these thinking errors - acknowledge this - be kind to yourself, remind yourself that they are not serving you well and give yourself permission to move on."

Mr Gittins gave us the chance to practice this with some unhelpful statements and identify what thinking errors we might fall into.

He ended assembly by sharing his second strategy for managing everyday anxieties: the Bus Stop Meditation. Take a moment, and try this:

Imagine you are sitting at a bus stop.
 The weather is warm and you're not in a hurry.
 People walk past.
 And some people queue.
 A bus pulls in.
 And some people get off.
 And some people get on.
 And the bus pulls away.
 People walk past.
 And some people queue.
 Another bus pulls in.
 It isn't going where you want to go.
 So you stay sitting and you watch.
 As some people get off.

*And some people get on.
And the bus pulls away.
And as it pulls away - it reminds you.
That thoughts are like buses.
Some thoughts take you to places you want to go.
And some thoughts don't.
If a thought is taking you in a direction you don't want to go - get off.
Or let it pass.
And wait for another thought to come along.
One that is going to a place you want to go to.
Until then sit and watch.
As buses pull in.
And people get off.
And people get on.*

I hope that you might find both of these useful - not only to discuss with your child, but also to use yourself.

With so much going on for Wellbeing Week I haven't even had a chance to review last night's spectacular Spring Concert at St Joseph's, or Sathnam Sanghera's visit on Wednesday, or commend our U12 footballers on reaching the final of the Middlesex Cup yesterday. I am enormously proud of all the exciting opportunities our dedicated staff offer to our students, and the enthusiasm and panache with which they are taken up. You can read more about our most recent successes in the section below - enjoy!

Before I sign off, I would like to congratulate our fabulous marketing and communications team on their success this week. I am proud to report that we won two awards in the [Interactive Schools](#) international [School Story Awards](#). We received the Best Use of Audio award for our podcast series 'Chatting with Channing', specifically for our episode featuring Channing Governor and Unitarian Minister Reverend Daniel Costley, where we explored Unitarianism. We also won Best Use of Spotify/SoundCloud for our SoundCloud account, where we upload performances from our wonderful Music Department, including the weekly Music at Lunchtime concerts. You can explore our award-winning content here:

- [Channing Soundcloud](#)
- [Chatting with Channing](#)
- [Chatting with Channing – Reverend Daniel Costley, Unitarianism and Channing School](#)

Finally this week, a belated Happy St Patrick's Day to those who were celebrating on Monday and happy Nowruz to all our families celebrating Persian New Year yesterday.

With warmest wishes for the weekend,

Lindsey Hughes
Headmistress

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!

Careers & HE Notices

Springboard to the Future Fair

Students in Years 10, 11 and 13 are invited after school to join Year 12s at the Springboard to the Future Fair in the New Sports Hall on Thursday 27 March. Over 40 universities and employer representatives will be present to answer students' questions and give advice.

Unifrog

If parents of year groups 10, 11, 12 & 13 would like to make their own Unifrog account and see how this resource can help their daughters plan their futures, the parent sign up code is **CHNNparents**. The code is valid until mid-June.

Online Talk - supporting students with additional needs

An online talk from the University of Leeds on supporting students with additional needs at university takes place on Monday 24 March at 6pm. Please join [here](#). This talk will be recorded.

Channing Association Notices

Second Hand Uniform Sale

The CA will be running a second hand uniform sale on Friday 28 March from 3pm in the Senior School Dining Hall (entry via the pedestrian gate next to the main driveway). We prefer cards but do also accept cash.

If you have any clean, good condition, gently used uniform to donate please leave it with the School Office. Please only donate official school uniform items, we also do not accept coats, school bags or shoes.

If you are able to help with sorting uniform on the day from 2pm please contact Evie Lemos or Alex Bennington via Classlist DM.

Year 7 & 8 Disco

A huge thank you to all the parents who volunteered at the disco on 1 March. It was a fantastic night and would not have been possible without your help and support. Many thanks!



CHANNING

Girls Enjoying Success

Sports News

Football U12 Middlesex Cup Semi-Final

On Monday 3 March the U12 football team played their County Cup semi-final against Preston Manor school. From the very start, the Channing team caused the opposition no end of problems and it wasn't long before Cecilia R scored the first goal. Channing continued to dominate possession, creating chance after chance. Cecilia added a second and Luliya R scored two goals. In the second half, two more goals from Eva B secured our place in the final with an emphatic 6-0 win.



Sadly the team lost 2-1 in the Final on Thursday afternoon after a spirited performance. Huge congratulations to them on a magnificent run and the biggest success our Senior School footballers have had so far!

Football U14 v Fortismere - Haringey League

After a couple of cancellations due to weather and the opposition postponing, the Year 9 team finally got a match on Monday 10 March against Fortismere in the Haringey league. Channing started strongly and some great runs from midfield by Milla C opened up the Fortismere defence, however we just couldn't apply a finish. In the 9-a-side game the defence duo of Iyla R and Isla K kept Fortismere's chances to a minimum. Midway through the first half, against the run of play a Fortismere shot managed to squeeze past Ayla A-R in goal. The Channing team continued to push for an equaliser and despite playing the ball really well through the thirds, Fortismere scored a second with a long range shot.

In the second half, after some changes in the positions of the team, the Year 9s lost a little bit of their shape and Fortismere were able to capitalise on this by scoring two more goals. A 4-0 win for the opposition flattered them slightly but the team should be proud of the effort and performance.

Football U15 Sisters'N'Sport Plate v Notting Hill and Ealing

On Friday, 7 March, the U15 team travelled to Notting Hill & Ealing to compete in the first round of the Sisters'N'Sport Plate. After an inspiring team talk from Ms Adebayo, we were ready for kickoff. Coming off an



unlucky loss on penalties, we were determined to give it our all in this match.

The game started off really well, and we were in control. We created some incredible chances, including one where Neve played the ball through to Maya, who crossed it to Milla, who narrowly put the ball wide. Unfortunately, our opposition scored from a free kick soon after, making it 1-0. Just before halftime, Notting Hill & Ealing managed to score two more goals, leaving the score at 3-0.

The second half began with our defense standing strong. We had plenty of opportunities but couldn't quite find the back of the net. The score ended 3-0 to Notting Hill & Ealing. On behalf of the team, I would like to give a special mention to GG, who isn't usually a goalkeeper, for making some outstanding saves throughout the match to try to keep us in the game.

Despite the result, there are so many positives to take away from this match. We've grown stronger as a team, improved our teamwork, and shown that we give everything we've got in every game. Although we didn't win this time, we've learned a lot and are more ready than ever for our next match.



U12 and U13 Middlesex Schools Netball Tournament

Last week, our U12 and U13 teams attended the U12 and U13 Middlesex Schools Netball Tournament, showcasing grit and determination throughout the competition.

Our U13 team made it to the quarter-finals, where they faced tough opposition, putting up a strong fight, but unfortunately it was not meant to be. We are incredibly proud of both teams and the progress they have made.

Well done to all the players!

PEBE Workshop

This week marked Wellbeing Week in the Senior School, and the PE team was proud to collaborate in hosting a Women's Health Workshop alongside PEBE, a market-leading sports bra brand for schools. The workshop was well received by our students, who actively engaged in discussions and asked insightful questions to the women from PEBE. It was fantastic to see their enthusiasm and participation in such an important conversation about women's health in sport.



MFL News

On Wednesday, a small group of students from Years 9 to 12 (including myself) had the incredible opportunity to visit Oxford University to explore what studying languages is like at such a prestigious institution. We visited various colleges and other university sites, meeting fascinating professors and academics who provided insight into different courses. Engaging discussions and Q&A sessions with students helped us to understand key aspects of university life, including the admissions process, interviews and the vast opportunities which studying languages can lead to. It was a truly enriching experience, and we are especially grateful to Ms. Pavlopoulos for organising the trip, and to Carina and Clemence, the German and Spanish language assistants for accompanying us.

Amelia S, Year 10

St Edmund's Hall



We began our tour at St Edmund's Hall, where Professor Lähnemann, who specialises in medieval German, described the history of the library and the college, which was an enriching experience. She also explained why she is inspired by all things medieval. Afterwards, we had the opportunity to speak with Rosie, a Channing alumna, about the admission process, language courses and academic life. She shared her experience of studying for her degree in French and Russian, which she studies from beginner's level.

Evangelina U, Year 10

Queen's College - Creative Translation

At Queen's College, we were given an incredible opportunity to participate in an amazing creative translation workshop with Catriona Parry. We familiarised ourselves with the differences between literal and creative translation and how complex it might be to translate various idioms in an understandable way. Then we attempted to produce our own creative translation of a tragicomedy *En Attendant Godot* (*Waiting For Godot*) by playwright Samuel Beckett. This was a truly unique experience which opened the world of translation for us and also was an excellent French practice. I personally was really fascinated when Catriona mentioned *Finnegan's Wake* by James Joyce and the absolutely exceptional structure of most words there. Most of them were constructed by the author himself with the usage of roots and suffixes from different languages!

Mariia S, Year 9

During our day in Oxford, we had the amazing opportunity to discover the art of translation in the studying of languages at Queen's College, in a workshop with Catriona Parry and Clara, a former student of Languages. Here, we learnt about creative translation and the multiple steps within it, including translating texts from a foreign language to a literal translation and then to a fully understandable translation (known as creative translating). We found this experience to be really enriching and insightful and highlighted the wide range of topics encompassed in languages at Oxford. Also the opportunity to ask questions and share our own translation of the text further enhanced our interactive experience and developed our understanding of both translation and general life at Oxford.



Olivia W, Year 10

Pembroke College - Dr Farrant, Dr Gwyer, students

At Pembroke College, we had a Q&A with Dr Farrant, Dr Gwyer and six very helpful students of German, French, Spanish and Arabic. Most were in their first year studying a degree such as Philosophy combined with a language or a language degree with one they had done at A Level and a beginners' language. This was extremely helpful because we got to ask lots of questions and get lots of interesting information from both the professors and the students. It gave us an opportunity to learn about the degrees and what they were made up of and the individual experience of the students studying at Pembroke College and what they think of the course.

Sophie M, Year 10

Meeting Hannah

After visiting Pembroke College, the Sixth Form students had the pleasure of meeting Hannah, a former Channing pupil, in her final year studying Spanish. We walked around Oxford asking her questions about her experiences studying Spanish before she took us to a lovely café which she said

is the perfect place to do some studying away from the library or your room. We were able to ask her as many questions as possible and she gave us great insights into university life at Oxford as well as telling us about what her course entails which was very interesting and helpful for all of us. Overall, it was lovely to hear about her experiences and to be given such great advice!

Teresa G, Year 12

Meeting Amy

We were also provided with an opportunity to meet an Oxford student Amy, who studies Classics and German there, and ask her all sorts of queries about her learning experience. This was a wonderful chance to understand the Oxford system of teaching. We weren't only able to discover the academic part of Oxford, for example which subjects are usually taken together, but also to gain a glimpse of student still life and just how studying in Oxford feels in general. Also, it was really exciting to know which are the most and least favourite aspects of studying Classics and German and which careers can various subjects lead to.

Mariia, Year 9

The Oxford University Press



We also had the opportunity to visit The Oxford University Press where we met the Publisher and the Commissioning Editor of MFL textbooks. We had a Q and A where we learnt about different GCSE books which they write and how they visit secondary schools to learn more about students' and teachers' needs. The OUP overall was an amazing opportunity to learn more about the many advantages of taking languages at university and about what it could lead to.

Amelia, Year 10

The Ashmolean Museum

At the end of a very exciting day, we were fortunate enough to visit the Ashmolean Museum, where we were treated to a wide range of fascinating displays ranging from silver spoons to immaculately decorated grandfather clocks (and we were privileged enough to hear one chime!) There was even a massive room full of intricate pottery where we marvelled at the dainty designs on ornaments such as vases and teacups. Finally, we attempted to recreate the hilarious facial expressions of the countless painted portraits. It was a fantastic finish to the day!

Sophia S & Millie W, Year 9

Inclusion Society News

This week the Inclusion Society has been taking part in Neurodiversity Celebration week. Our Inclusion officers, Catrin and Scarlett, have been working hard to deliver a full school assembly that involves audience participation and all of the Year 12s who are keen to become Inclusion Officers themselves next term. We have been treated to some fascinating insights from our neurodiverse community, and some thought-provoking quotes, including this one:

"We will all profit from a more diverse, inclusive society, understanding, accommodating, even celebrating our differences, while pulling together for the common good."

— Ruth Bader Ginsburg

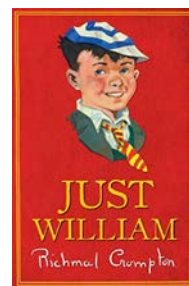


English News

Channing alumna Ella Shindler returned this week to give a talk to Literary Society students, offering an inspiring glimpse into the world of publishing. Ella described her journey from studying English at Cambridge to securing a role at a prestigious literary agency, where she works closely with some of today's most celebrated authors. Her recent work with literary greats, such as Salman Rushdie and Jeanette Winterson—whose work is currently being studied by Year 13 English students—was particularly interesting. Ella spoke about the transformative power of books and reading, highlighting their role in shaping both our perception of the world and the world itself. Ella's experiences exemplify the exciting and fulfilling career opportunities that await students of English.

Reading

In the latest instalment of Channing's staff audiobook series you can listen to Ms Wilkinson read from Richmal Crompton's classic school-boy novel [Just William](#) and Dr Hayward read from Francis Hardinge's chilling fairy-tale horror [Cuckoo Song](#).



Music News

Music at Lunchtime

Last week's lunchtime concert was a refreshing reminder of the fabulous musical talents in this school. First up was the Guitar Ensemble, featuring Nadia Z in 11DK, Suki D in 8LV and Violet D in



8CC playing 'Let her go' by Passenger. Such an emotional piece often requires the tender timbre of a guitar, and 3 provided a depth that could not have been achieved by just 1. Even though they were down a player, they took it in their stride and were perfectly together. It's clear they worked hard to reach such a high level!

Next was Charlotte R in 8EGi, playing 'Allegretto' on the flute. She is amazingly proficient and demonstrated this to the audience by giving us perfect musical clarity, both in the notes and dynamics of the piece. Clarity

like that is much harder on wind instruments, so extra commendation to Charlotte! After that, Flora G in 11HWO played Rachmaninov's 3rd movement of Sonata for Cello. What an outstanding performance! Flora aced the emotion and feeling behind all of Rachmaninov's compositions, and the passion and vigour behind her playing was more than evident. What a treat for us lucky enough to be sitting in the audience!

To finish the concert today was Lara G in 8VS, singing 'Wouldn't it be lovely' from My Fair Lady. Fabulous! She acted out the song as she sang, engaging the audience with her expressive musical choices and perfect diction. The founders hall is not an easy venue to perform in- congratulations to all performers this week! Do listen [HERE](#).

Reviewed by Eve C

Channing Chamber Music Evening

Last Thursday hailed the return of Channing's Chamber Music Evening, a wonderful showcase of the school's smaller ensembles across all age groups. We got off to a superb start with the solemn,

ringing opening chords from Purcell's Funeral Music for Queen Mary played by the Brass and Drum Consort. The unified brass sound of the ensemble was very impressive and the players played with absolutely flawless tuning throughout. Next we turned to Saint-Saens' iconic French masterpiece 'The Swan' arranged for flute quartet and played by the Intermediate Flute Ensemble. The dulcet tones of the flute group complemented the flowing melodic lines, so much that I could almost imagine a swan gliding by, somewhere across the channel.

Moving back into the Baroque, we were treated to the first movement of Vivaldi's concerto for violins, lute and continuo, led by Catherine S as the guitar soloist. She ran rings around a difficult guitar part, and the whole ensemble played with a lovely poise and clarity throughout. We then skipped forward in time to hear the Senior Flute Ensemble's performance of Peacherine Rag, played with stylish cheekiness and rhythmical precision. All the players in the ensemble had their moments but the group communicated wonderfully throughout,



especially in musical imitation and conversation. Next came the smallest of our groups that evening, Purcell's 'Sound the Trumpet' for vocal duet. Bella K and Anna R-B sang with wonderful vocal agility and a clear appreciation of Purcell's contrapuntal writing, and the joyous crescendo on each long



'sound' filled the space gloriously. Kezia C starred on clarinet in the Third Movement from Mozart's Kegelstatt Trio alongside Yutao W and Elizabeth S, which showcased Mozart's writing at its sweet and elegant best. The purity and variety of tone quality of all the instrumentalists here is not something you can hear very often, and I for one would love to hear the whole trio in the future.



A performance of Martelli's arrangement of Tchaikovsky's 'Humoresque' was the first of 2 string quartets and here a particular word must go to Sophie L, who played the cello part warmly and assuredly in an arrangement which placed the instrument front and centre. The ensemble played with real rhythmic bite in

the Humoresque patterns whilst maintaining Tchaikovsky's native Russian charm in a graceful performance of the classic. Our second string quartet expressively played J Long's arrangement of Mancini's 'Moon River', and here the violin playing of Thea I and Yasmin L did sound remarkably like a vocal line, bringing out the wanderlust in Mancini's writing.

Our night ended on a stunning high, with the first movement of Mendelssohn String Octet in Eb; one of the mainstays of the string chamber music repertoire. Elizabeth S was at her virtuosic best, leading the ensemble with Romantic energy and gusto in a fabulous performance of the work in all aspects. There was a notable transparency and lilt to all of the contrasting lines, and communication and rhythmic ensemble was very impressive, especially in such a difficult work. This and the whole concert demonstrated Channing's musical talent at its very best, both in virtuosic brilliance and in focus on teamwork and communication in everything they do. Thank you very much for a lovely evening of really top-quality music making. BRAVA. Do watch a video of the performance [HERE](#).

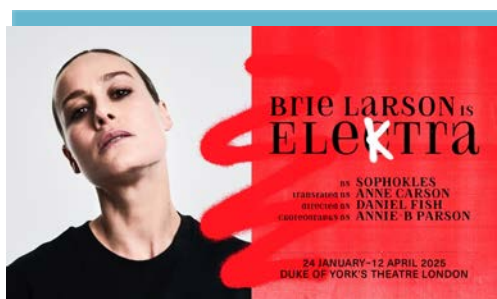
Reviewed by Mr Max Wedmore

Drama News

This week Year 13 performed/designed their final piece of theatre as Channing students. 'Antigone' by Sophocles focuses on the tragic fate of one family, torn apart by conflict - as illustrated by the set design. The traverse staging utilised two ramps and objects (doors, a crown, a chair) sawn in two - illustrating the sisters' differing perspectives. Antigone's disobedience of Creon's rules when she insists on burying her brother, Polyneices. Her sister Ismene tries and fails to reason with the defiant Antigone -but to no avail. The play addresses themes of civil disobedience, morality, loyalty, authority, and gender.



Classics News



The Classics Department took 20 students to see Sophocles' 'Elektra' on the West End. Brie Larson was captivating as the angsty young princess who desires revenge against her mother, Clytemnestra, for the murder of her father. The performance incorporated many elements of Greek theatre, including a chorus of women and music. This was a very different production to 'Oedipus' which we saw in December, illustrating the myriad ways Greek tragedy is interpreted for a modern audience.

STEM Week News

Year 10 Maths in Action Trip

Here is an account from Georgina M and Eleanor C in Year 10 who attended this great Maths trip last year:



Last Thursday, Year 10 set 1 and 2 went to the Emmanuel Centre to listen to the Maths in Action talk. The day started off with hearing from Maths communicator Alison Kiddle, where we discussed the question, is it more likely to be struck by lightning or win a multi-million pound lottery jackpot? We explored probability theories to help us understand how maths plays into everyday life and how probability helped her when she appeared on Who Wants to be a Millionaire. Next, from Zoe



Griffiths, another maths communicator, where she discussed her favourite shapes and finished with an extraordinary display of smoke rings across the audience. Before our lunch break, we had a go at some mind-bending puzzles led by the Guardian writer and author Alex Bellos.

Following this, a maths teacher shared her tips for maths exams and even told us her fascinating story about how she taught her daughter GCSE maths at the age of 5! After this, we heard from Broadcaster

Emily Grossman, and her experiences of making mistakes on live television when interpreting news incorrectly and how we could use maths to decipher if studies are reliable or not. Finally, one pupil from each school, including Isla M, engaged in a fun game show of mathematical heads and tails, where unfortunately we didn't win, however the whole day was so much fun. Thank you to Mrs Wootton, Miss Williams, Mr Bowman and Ms Diaz for taking us on such a fun and interesting trip.



Years 7 & 8 Lunchtime Science Activities

There were a range of Science activities available for Year 7 and 8 students to do at lunchtime on Thursday and Friday last week. These included looking at teeth and x-rays, testing fine motor skills and making indicator rainbows by neutralising stomach acid. It was great to see some of our younger pupils giving some new things a go and having fun learning about Science!

Year 9 Trip to Bletchley Park

'On Friday 14 March Year 9 got to go on a trip to Bletchley park to follow up on our current history topic of world war 2 and for maths and computing. We arrived at school at 8:25 to get registered and got into groups and to board the coaches. We then arrived at Bletchley at around 10:30 and got to walk around the grounds while a guide told us about what it would have been like to work at Bletchley park in world war 2 and about the history of the buildings. We then had some time to explore the



area around and go into the mansion to look at some of the original pictures and pieces from WW2. After that we went to the AI exhibition and then had an internet safety talk on the importance of a strong password and to be careful what you post online. Finally, we had lunch and looked at the bombe machine used for cracking codes made by Alan Turing and after a short stop at the gift shop we headed on the coaches and back to school. Overall the trip was extremely interesting and very enjoyable and I'm very glad that we got the opportunity to go on it.'



By Charlotte M

'Last Friday, the Year 9s went on a Maths trip to Bletchley Park. We took a hour-long coach trip there and did various activities throughout the day. We had a lesson on cyber security where we learned about how to create secure passwords- this was very useful and informative. In the afternoon we were given time to explore the scenic grounds. We also had a guided tour and visited the different huts where the workers of Bletchley park worked cracking codes. The highlight of the trip was seeing a working Bombe. We saw many enigma machines and they explained how they worked which was very interesting. Overall the trip was really fun and not only did it teach us about the maths and technology behind the codes cracked at Bletchley Park, we also learnt historical facts about the site and importance it had to the allied forces winning the war.'



By Victoria G

Year 9 & 10 Code a Symptom Checker

The year 9s were given a challenge to code a rule-based system that checked symptoms input by the user via a series of questions with 'yes/no' answers and the program would attempt to diagnose an illness and advise possible treatments.

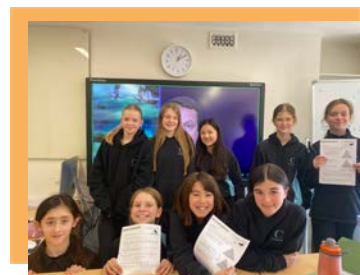
Here is a snippet of code by Annata in Year 10:

```
47 OUTPUT "Do you have itchy eyes? (yes/no)"
48 INPUT itchyEyes
49
50 OUTPUT "Do you have a runny nose? (yes/no)"
51 INPUT runnyNose
52
53 IF fever = "yes" AND headache = "yes" AND soreThroat = "yes" THEN
54     OUTPUT "You may have the flu. It's important to rest and drink plenty of fluids."
55     OUTPUT "If your symptoms worsen or you have difficulty breathing, please consult a doctor immediately."
56
57 ELSE
58     IF nausea = "yes" AND vomiting = "yes" AND stomachCramps = "yes" THEN
59         OUTPUT "You might have food poisoning. Hydrate and rest as much as possible."
60         OUTPUT "If you experience severe symptoms, please seek medical attention."
61
62     ELSE IF swelling = "yes" AND bruising = "yes" AND painfulToWalk = "yes" THEN
63         OUTPUT "You may have a sprained ankle. Use ice and keep your ankle elevated."
64         OUTPUT "If symptoms do not improve or worsen, please contact a healthcare provider."
65
66     ELSE IF sneezing = "yes" AND itchyEyes = "yes" AND runnyNose = "yes" THEN
67         OUTPUT "You may have allergies. Try taking antihistamines."
68         OUTPUT "If symptoms persist, see a doctor."
69
70     ELSE
71         OUTPUT "Your symptoms don't clearly match any specific condition."
72         OUTPUT "However, it's always a good idea to monitor your symptoms. If you feel worse, seek medical advice."
73     ENDIF
74 ENDIF
75
76 ENDIF
77
78 OUTPUT "Thank you for using the Health Assistant. Stay healthy and take care!"
```

Ellery Programme: Alien Invasion

This week marked the end of our Alien Invasion!

We cracked the alien code because a teacher was trapped in a spaceship. Unfortunately, we did not rescue her and the aliens are spreading across the globe!



By Eliza J

History News

On the evening of 19 March the History Department hosted an engaging conversation between Ms Devine and acclaimed journalist and author Sathnam Sanghera in the Arundel Centre. The discussion centered on Sanghera's work, "Empireland," which covers the enduring impact of British imperialism on contemporary society.

Sanghera, renowned for his insightful exploration of Britain's imperial past, shared his motivations behind writing "Empireland." He emphasized the necessity of acknowledging and understanding the complexities of the British Empire to fully grasp the nation's current social and cultural dynamics. Drawing from his personal experiences and extensive research, Sanghera illuminated how imperial history continues to influence modern Britain, from societal structures to national identity.

Mrs. Devine guided the conversation with thought-provoking questions, wit and by encouraging Sanghera to elaborate on the challenges he faced in confronting and presenting such a multifaceted subject. He discussed the often-overlooked narratives within British history and the importance of integrating these perspectives into mainstream education.

The event attracted a diverse audience, including students and teachers from our partner schools network and members of the Channing community, both students as well as teaching and non teaching colleagues. Attendees participated actively in the Q&A session, posing questions about the



implications of imperialism on current societal issues and the steps needed to address historical injustices.



William Ellis school Sixth Form students found the event particularly enlightening as they were reading 'Empireland' as part of their History Book Club. Those students took the opportunity, as others did, to have their books signed and discuss some issues in greater detail with Sanghera after the main event.

The History Department's commitment to facilitating such conversations reflects its dedication to promoting critical thinking and a deeper understanding of history among its students and the wider community

Channing Archives

The season has definitely shifted, and the pupils on both sides of the road have been marvelling at the increasing wildlife that's been joining us on the school grounds. I think this poem entitled, Spring in the Garden, from a book of verses written by pupils in the mid 1930s, describes these scenes perfectly.

Spring in the Garden

*Into the gardens Spring comes creeping,
Touching the trees and shrubs with green,
Making buds and flowers appear,
Beautiful yet unseen.*

*Many birds in all the trees,
Singing "Spring has come,
And waked the hibernating bees
With her warm sun."*

*Both earth and air rejoice,
They sing with new great voice,
"The Spring has come, the Spring has come
The Winter's over, it is done."*

