



Dear Parents,

As we reach the end of a long and busy half term I want to congratulate our fantastic pupils and staff on all that they have achieved since the New Year. For Years 11 and 13 this afternoon marks the end of their mock exam fortnight - certainly a huge achievement, and I congratulate them for their exemplary approach to this important practice - but in every year group and for every individual, there will be a success or high point on which they can reflect.

I have written before on the tendency of our pupils - in common with many of their peers - to focus on the negatives, on what has been left undone, on their perceived failures. You will also have heard me saying that I want our pupils to develop two key characteristics: firstly, an understanding of their own strengths and the ability to celebrate them; to acknowledge praise and accept compliments. I love quoting Caitlin Moran's suggestion that girls should learn to accept compliments in just the same way they might catch a rounder's ball. In fact I highly recommend you read [the article](#) from The Times in which she first wrote about this back in 2016. Our girls are quick to brush off praise or achievement as luck or a fluke - no, it's not. It's not boastful to blow your own trumpet, it's entirely right to take pride in a job well done. I want them to be able to say, I'm good at this, I do this well.

Conversely I also want them to practice self compassion. You will know as much as I do that your child can be prone to beating themselves up when things go wrong and are sometimes really hard on themselves. But they are brilliant friends, and will be the first to say 'You're great, it's just a blip, you'll do better next time' when something goes wrong for someone else. I want them to be as kind to themselves as they are to others about the things they can't do so well and be happy to live with those imperfections. It may sound obvious, but it's not always explained explicitly or taught to our children. Certainly it's something I took a long time to learn, and have struggled with again just this week. I believe that our warm support - and appropriate challenge - of our pupils, along with the exhortation to be 10% braver, enables them to develop this important attribute.

I was delighted that this approach was recognised by the reviewer from the Good Schools Guide when she visited earlier this term. The Junior and Senior School have been given glowing reviews which are now live [on the Channing website](#). Both reviews emphasised our strong sense of community, inclusivity and pastoral care. I was also delighted to see the reviewer's comment that "'Fearless' teaching and learning, encouraging girls to step out of their comfort zone and be '10 per cent braver', is reaping academic rewards." These independent and comprehensive reviews really affirm our mission to ensure girls are empowered to become kind, confident, articulate young women who are ready for life's challenges. As one parent shared with the Good Schools Guide: "We couldn't have given them a better start" (thank you, whoever you are!).

This community spirit is based on our Unitarian heritage and I wanted to reiterate Mr Meier's invitation from last week to consider hosting Kincső Balázs-Blénessi-Pataki, our 2025 Transylvanian scholar from the János Zsigmond Unitarian College in Kolozsvár (Cluj), for her 6 week stay in London for the first half of the Autumn term. If you would like to help, or would like any further information, please do let me know by emailing Hanna Fathers at [hmsec@channing.co.uk](mailto:hmsec@channing.co.uk). I know

that previous visiting scholars have found their experience at Channing and in London to be life-changing and look forward to continuing this important tradition.

Finally this week, and on a slightly different note, Tuesday this week was Safer Internet Day. The theme this year was *'Too Good To Be True'* which got students looking at the real scale of scams online and allowed them to share their experiences and ideas on how to tackle the problem. Years 7 and 8 attended a special assembly delivered by our Director of Digital Learning and Technology, Mr Grossman. The assembly explored the crucial role they as young people have to play in keeping themselves and their families informed and safe from scams. Students had the opportunity to discuss how they would advise an older family member who had received a suspicious text message, and found out about more recent evolutions and techniques scammers are using involving AI and deep fakes.

Mr Grossman invited Years 7 and 8 to join him in helping keep the Channing community safe online by signing up to join the newly-launched Student Technology Experts (STExP) group. Students are invited to complete a short Google Form (posted on their Google Classrooms) to express their interest and explain why they would like to join the group and help others. You can view more details regarding STExP, and all of [Mr Grossman's slides from the assembly here](#).

Whilst Year 7 and 8 were in assembly, the other year groups were in form time participating in tailored activities designed to get them thinking hard about scams and online safety. Year 9 spent form time [looking at the potential dangers of 'sextortion' scams](#), and how best to identify them, prevent them and report them. Year 10 also touched on 'sextortion' scams, but [focused as well on 'romance' scams](#) and how they can be spotted and stopped. Year 12 looked at a range of different scams including ['romance' scams and 'impersonation' scams](#), and how best to deal with the different types of scam out there. For more information and advice on Safer Internet Day and how to discuss scams with your child, visit [SaferInternet.org](https://www.saferinternet.org) or contact Mr Grossman ([dgrossman@channing.co.uk](mailto:dgrossman@channing.co.uk)). The super Dr Kathy Weston of TooledUp Education also published this week's *Wednesday Wisdom* email on the subject of [Digital Detectives](#) - it's well worth a read.

And so to half term. I give my grateful thanks to Mr Raine, the Head of History, who has organised and is leading our first ever US Southern States A Level History & Politics Trip to Atlanta, Birmingham and New Orleans. It promises to be fascinating and I have no doubt that he, the students and the team of staff accompanying the trip will have an amazing time. I can't wait to hear all about it!

My warmest wishes also to our Muslim families who celebrated the night of Shab-e-Barat last night. I know that you will be preparing for Ramadan which starts on the Friday night after we return from half term. Please don't forget to let Mr Meier know if your child is planning to fast by contacting his assistant Ms Matharu ([skaur@channing.co.uk](mailto:skaur@channing.co.uk)), so teachers can be mindful of their needs.

Wishing you all a relaxing and enjoyable half term break, wherever and however you are spending it,

Lindsey Hughes  
Headmistress

## Notices

### Careers help needed for Year 12 Springboard Day!

On Thursday 27 March 2025 we hold our Springboard Day, an event primarily aimed at Year 12 students who are planning for life after Channing. We would like to have employers from a range of sectors to join the university and gap year exhibitors at the Springboard Fair and are therefore looking for volunteers and contacts who might help.

Please let us know if you, or someone you know, would be willing to represent their employer and field of work from 3.15pm until 6.30pm in the Sports Hall at Channing on 27 March. Substantial refreshments for exhibitors will be provided during a break. Please note that this event will replace the employer fair that has previously taken place at the end of the Channing Careers Convention in June, so if you have been involved in that in the past we would love to see you at this event instead.

If you are not able to attend, please consider putting us in direct contact with a named person in your organisation who manages early careers and graduate recruitment, so we can invite them to join us. Our Year 12s will be joined by Year 12 St Aloysius students for the whole day, Channing Years 10 - 13 after school, and students from other partnership schools and Channing parents in the early evening, so there will be a significant number of visitors from a range of schools. Please email the Careers team at [careers@channing.co.uk](mailto:careers@channing.co.uk) to let us know how you can support us - we greatly appreciate your input.

### Year 12 Historians chat with Professor Tracy Borman

The latest episode of Chatting with Channing welcomes a distinguished guest, Professor Tracy Borman, leading historian, author, and Chief Executive of the Heritage Education Trust. Interviewed by Year 12 history students Ariella and Opal, Professor Borman takes listeners on a fascinating journey through her career, sharing how her love for history was first sparked by her A-level teacher, Mrs Jones. From classroom inspiration to overseeing some of Britain's most historic sites, including the Tower of London and Hampton Court Palace, her story highlights the power of passionate teaching and perseverance.



A key focus of the discussion is the role of women in history, particularly those who shaped the life and reign of Elizabeth I. Professor Borman reflects on figures such as Blanche Parry, Elizabeth's devoted nurse, and Lettice Knollys, a rival at court, emphasising how these lesser-known women played pivotal roles behind the scenes. She also encourages young historians to explore figures beyond the well-documented kings and queens to gain a fuller understanding of the past.

With insights on Tudor intrigue, advice for aspiring historians, and reflections on why history remains crucial in today's world, this episode is a must-listen for anyone passionate about the past. Tune in now to Chatting with Channing to hear Professor Borman's inspiring and thought-provoking conversation. Listen on [Spotify](#), [Apple Podcasts](#) or the [Channing Website](#).

## Ally Wylie Tower Foundation - Book Donations Needed

Do you have pre-loved books at home that you could donate to the Ally Wylie Tower Foundation? We are looking for donations of books for children and teenagers (fiction or nonfiction) that can be donated at food banks in the local area. You can bring your donations to the Library until **Friday 28 March**. Books need to be in good condition and for children and teenagers - we can't take adult books for the moment. Thank you very much!



# Girls Enjoying Success

CHANNING

## Music News

### Music at Lunchtime

What an amazing concert last Friday's Music at Lunchtime was! It started off with a calming but yet powerful performance of 'Maybe' from Annie, sung by the talented Sophie C in 8EGi. Next up was Eve C in 12EH who sang 'Crimson Petal' by Roger Quilter. This was a truly poignant performance, and what an incredible vocal range and control Eve has! A very special performance.



Mei-Xing L-C in 12EH accompanied herself on the guitar as she sang 'Cherry Wine' by Hozier. The delicate and soulful lyrics were brought to life by Mei-Xing's beautiful voice, as she effortlessly blended her expressive vocals with the gentle strumming of the guitar. To round off the concert, on violin, was Elizabeth S in 12AH, playing 'Polonaise de Concert' by Wieniawski. The virtuosity of Elizabeth's playing oozed from her violin, combined with such technical proficiency, and amazingly executed musical ideas. It was electric. A huge well done to all performers today for such an exciting concert! You can listen on Channing Soundcloud [HERE](#).

*Reviewed by Kezia C*

## Drama News

### Year 12 Drama & Theatre Performance

Year 12 Drama & Theatre Studies students performed extracts from 3 plays last week. Pictured here is 'Adult Child/Dead Child' by Claire Dowie, a stream of consciousness monologue about an imaginary friend and a difficult family. Performers adopted the 'Total Theatre'



techniques of Steven Berkoff, to stage this powerful and thought provoking piece on mental ill health in childhood. Students also interpreted key scenes from psychological thriller 'The Wasp' by Morgan Lloyd Malcolm and Alexandra Wood's play exploring the deep and unruly waters of sisterhood, 'The Tyler Sisters'.

### Theatre Design Workshops

Students have embraced a variety of creative roles behind the scenes in the theatre this week both during the KS3 production rehearsals and in a series of extra curricular Theatre Design workshops.

The backstage team of 'Daisy Pulls it Off' have been working as wardrobe supervisors and scenic artists conducting costume fittings and painting backdrops and flats.



KS4 students have been developing skills essential to the role of a set designer. They have shown great dedication and attention to detail creating accurate 1:25 scale models of their chosen 3m by 3m interior.

KS3 students experimented with SFX makeup techniques to create gruesome effects including broken glass stuck in wounds, broken bones protruding out of fingers, painful looking bruises and pus filled boils.

The enthusiasm, effort and outcomes of all the girls have been outstanding!

### Art News

#### Mural Club

We are seeing some great collaborative work going on in Mural Club as we finally get to the painting stages. Students have selected themes of 'The Environment', 'Channing' and 'Inspirational Women' for the current 4 boards. They are starting to take shape and we are looking forward to exhibiting them around the Brunner House building works when they are completed.



#### Year 10 Art Trip



Having completed a term and a half of their GCSE course it was time for the Year 10 art students to broaden their horizons and see some art in the flesh. We started at the Hayward Gallery, where we were wowed by the scale and presence of Mickalene Thomas's monumental mixed media works and exposed to some visual exploration and subversion of social identity and power structures in the collages and photo montages of Linder.

Our walk to the Tate Modern provided some great photo opportunities and students spent another couple of hours exploring the architecture and collection of the Tate. We

received several compliments from other visitors about Channing students who were exemplary in their conduct and engagement with the work as they chatted about and sketched what they saw.

## MFL News

### French Debating Competition

On 4 February a team of two Year 12 French students went to St Paul's Girls' School to participate in the regional French debating competition. We had to prepare to debate in French, both for and against three motions: 'whether AI should be banned in schools', 'whether urban sprawl should be stopped' and, 'if we were in the place of Astérix, whether we would have made peace with the Romans'. We were only told when we arrived whether we would be for or against the motions. It was an incredibly valuable experience, allowing us to develop our public speaking skills and our spontaneity in another language. It was also really nice to get to know other French students from different schools, and despite being slightly stressful, it was a very rewarding experience.



*Natasha B and Teresa G, Year 12*

## Social Impact News

### Communita



Last Thursday, in association with Highgate Newtown Community Partners (HNCP), Channing held this month's Communita - the first one of this calendar year. From welcoming back regulars to meeting new people, we had a great afternoon full of chatting, providing tech support, laughs, and yummy food! Channing students from Years 10 to 12 came along and joined the ever growing and kind community Communita has created. Volunteering at Communita is extremely fulfilling and I would recommend any and all students to come along and join us at our next one on 6 March. We are very grateful to all the teachers, Channing catering team, school staff, students and HNCP who make these wonderful Communita's possible.

*Phoenix M, Year 12*

### Problem Solving

This week the problem solvers worked in pairs to solve a logic problem about colourful clowns. They had to use a range of clues to find out where each clown was in a lineup and what colour hat, shoes, hair and nose they each had. By the end of the session they had all managed to figure out the order of the clowns and their colourful outfits.

## STEM News

### Anatomy Club

This week the students dissected a frog. As usual, this began with an external inspection, examining the mouth, tongue and teeth, eyes and eyelids and nostrils. The tongue is attached to the front of the mouth in order to flick it out and catch prey.



Next the muscles in the frogs legs were viewed by carefully removing the skin. These muscles are very large and muscle contraction can be mimicked by squeezing a muscle, causing the limb to move. Finally a large dissection was made down the front of the frog revealing the internal organs. The liver is very large and composed of three lobes. In the centre of this is the heart. The students were also able to track how food would pass through the animal from the stomach, small then large intestine and rectum. After half term, we will be dissecting a mouse, our first mammal. Thank you again to the support of the fantastic sixth formers.



### Python Coding Club

The Computer Science department is running two python coding clubs, one for beginners and the other for advanced programmers. The pupils in both clubs have been creating basic games and simulations in Python. The pupils are now working on creating their designs for more complex games.

## Careers in Sport week

This week, the Careers and PE Departments collaborated to showcase Careers in Sport. Each year group attended a talk by an external speaker who shared insights about their careers in sport, what inspired them to choose that path, and their journey to achieving it. Here is some of the feedback from the talks by some of our students:

### Year 7 and 8 talk with Aliyah Zaranyika

On Monday we had a talk from Aliyah Zaranyika, the Birmingham Panthers Netball Super League and England Netball Future Roses player. She told us about her life as a netballer, how she progressed through the pathways and how she currently plays for England and Birmingham Panthers. Everyone found it really interesting and she inspired us to do what we want regardless of whether that's sport or something else.



*Written by Thomasina R*

### Year 9 Talk with Massimo Marinelli

On Tuesday year 9 were very fortunate to have one of the Channing governors Massimo Marinelli give us an inspiring talk about the many opportunities sports can lead to. We learned how he took his love for sport, especially football, and turned it into a career in sports investment. He also highlighted the many different careers associated with sport but not as an athlete, including coaching, data and analytics, management, media and technology. He showed us how you don't need to be an athlete to pursue a career in sport and how sport plays a big role in society today.

*Written by Violet L*

### Year 10 Talk with Carol Romaya

On Wednesday, we were fortunate enough to have a talk from Carol Romaya, who is a tennis coach at the Cumberland Lawn Tennis Club, and a Middlesex County Tennis Coach, as part of Careers in Sport Week. She spoke about her experiences as a Level 3 coach and what it involves

to be a sports coach. She made the point that you can still be a successful coach without being an elite athlete in that sport yourself. What I took away from her talk is that it is possible for me to get my Level 1 coaching qualification right now at my age and her talk has encouraged me to do this.

*Written by Eleanor C*

### Year 12 Talk with Eleanor Phillips

We were delighted to be joined by former Channing pupil, Eleanor Phillips, on Wednesday. Eleanor initially considered dance as just a hobby but recently graduated in professional dance and musical theatre and is now auditioning to find her place in the industry. Her talk encouraged us to pursue our ambitions, whether they be in academic or creative fields. Ms Phillips gave a powerful and beneficial presentation, combining important values of being both ambitious and sensible. As someone who has both creative and academic interests, I felt empowered hearing how Ms Phillips has remained motivated in achieving her goals. The talk, which was expertly organised by the Careers Department, allowed for a refreshing perspective when faced with the often daunting obstacles of the future.

*Written by Ariella B*

### Sports News

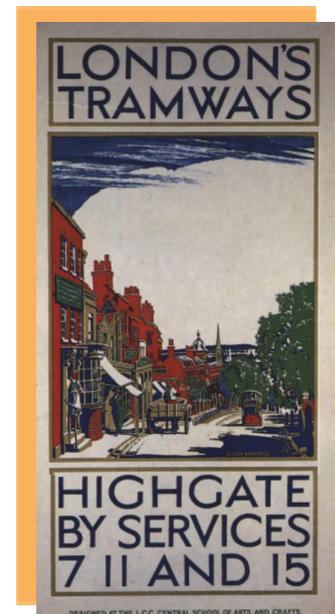


#### Cross Country

On Tuesday 4 February Thomasina R represented Channing and Haringey in the Middlesex Cross Country Championships. Thomasina produced an excellent run with a time of 12 minutes 14 seconds and came 37th out of 84 in the Year 8 and Year 9 combined race. Congratulations Thomasina, we are very proud of you!

### Channing Archives

We're all so used to the landscape as we walk or drive down the hill towards Archway, so we would like to give you a different (artistic) perspective from this postcard of Highgate in 1924!



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