



| October 2021

Dear Parents

I've had the pleasure of talking to lots of parents recently: to you, our current parents, at our Welcome Evenings (don't worry, Years 8 & 9, your time will come!) and also to prospective parents at our Open Days and Sixth Form Open Evening. One message I have repeated at all of these events is my belief in the importance of helping our students develop self-knowledge - both understanding their strengths and learning to manage their weaknesses.

Our students have many strengths. They are intelligent, interesting, skilful and diligent. Their efforts in a whole range of activities lead them to achieve quite extraordinary things. And yet how often, when praised for something they have done, do we hear our children brush it off as luck or a fluke? 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 either take a look at the [Moranifesto vlog](#) or read [the article](#) from The Times in which she first wrote about this back in 2016.

I also talk about the value of self-compassion, of being good to yourself, of not beating yourself up over things that you are less good at. Rather, as you know, I exhort our students to treat themselves as they would treat their friends. We all know that they are brilliant friends: kind, supportive, full of encouragement and always available to give a hug when someone is having a bad day. However we also know that they are often unable to turn that treatment on themselves. Their unwillingness to forgive themselves for weakness - combined with their stunning inability to see their own marvellousness - is a potentially devastating combination in a world where they are bombarded with messages of perfection from all directions. It is little wonder that we spend so much time in school working on developing the self-esteem which will assuage their anxiety and enable them to step confidently into the world.

I was amused, therefore, when this cartoon strip by the fantastic Gemma Correll popped up on my Twitter feed at the weekend:

<https://www.thelily.com/meet-worrier-girl-a-superhero-defined-by-impostor-syndrome/>

I was struck by her description of being unable to acknowledge her success or believe in praise: 'My fragile sense of self-esteem will not allow me to accept that. I fear that allowing myself to experience a sense of pride or accomplishment will make it all go away'.

In fact I was so taken by her clear depictions of all the unhelpful messages that girls and women can give themselves that I shared every one of these images with the school in Assembly on Monday morning. There were embarrassed titters as people recognised themselves in her cartoons and I gave examples with each frame of the kinds of self-denigrating things we have

heard countless girls say about themselves over the years. I knew this had touched a nerve when a pupil stopped me in the corridor later and said, 'Thank you for assembly, Mrs Hughes. I really needed that today'. Indeed, Mr Boardman immediately made use of the images and ideas in this week's [Spotlight](#), the Teaching & Learning update for staff, and the Head Girls took it a step further in their Assembly this morning when they talked to the school about overcoming their own fear of failure and making mistakes. I'm delighted that as a school we've started a conversation about these things and I know that over the coming years we'll all be talking about it a lot more.

I ended Assembly with a reflection from Nelson Mandela:

'Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, 'Who am I to be brilliant, gorgeous, talented, fabulous?' Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There's nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine. We were born to manifest the glory of God that is within us. It's not just in some of us; it's in everyone.

And as we let our light shine, we unconsciously give other people permission to do the same. As we're liberated from our own fear, our presence automatically liberates others.'

Channing is a school where our students can shine and indeed they do, far more than they realise. One of my privileges as Headmistress is to sit with every student in Year 13 as they read the university reference the school has written about them. They are often overwhelmed to see so many positive comments about them on one side of A4, and I remind each one of them that every word is true. We didn't make up any of it! One girl said to me this week, 'I didn't realise that I had done so much' and for me that encapsulates the whole problem. Your children, our students, are so routinely brilliant that they don't realise they are doing anything special. It's our job to remind them that they are.

With warmest wishes for the weekend,

Lindsey Hughes
Headmistress

The Week Ahead

Monday 4 October 2021

16:00 Football U15AB v SHHS @ SHHS (Friendly)

16:00 Musical Rehearsal, Arundel Centre

Tuesday 5 October 2021

Year 5 Taster Day in the Senior School

09:00 Year 12 Tour of Parliament & visit to the Supreme Court

14:00 U15 ISNC Netball vs Emanuel @ Emanuel (16:00 start)

15:20 Musical Rehearsal, Arundel Centre

16:00 Football U12 (7-aside) & U14 (9-aside) v CLSG & SHHS @ Channing

16:30 Year 13 Parents' Evening

Wednesday 6 October 2021

09:00 Senior School Open Morning - Year 8 guiding

13:30 Netball U16 & U19 @ Middlesex Tournament

18:30 CA Co-ord & AGM, Sixth Form Studio

Thursday 7 October 2021

09:30 Year 7 - 10 Covid Vaccinations, Sports Hall

16:00 Year 11 Concert rehearsal, Arundel Centre

18:00 Year 9 Welcome Eve

18:30 Year 11 GCSE Concert, Arundel Centre

Friday 8 October 2021

13:00 Music at Lunchtime, Arundel Centre

Reminders

Some parents have been having trouble using SchoolBase with Safari due to a recent update from Apple. Please see the guidance here [Schoolbase - Safari v15.pdf](#) for more information.

We are delighted that you have embraced the ability to contact teachers directly by email. Please be patient with response times; all our teachers teach, have meetings and other commitments during the school day. They will endeavour to respond to all email and other queries in a timely manner.

Forthcoming Events

Year 11 Concert - Thursday 7 October 6.30pm - The Arundel Centre

We are delighted to invite parents and friends to attend the Year 11 Concert, which will be held in the Arundel Centre next Thursday, 7 October, at 6.30pm. This is an opportunity for our GCSE music students to display their excellent talents as soloists on the stage of the Arundel Centre. As a rousing finale, they will perform a medley of popular songs that they have arranged and rehearsed themselves as a single ensemble. Do please come and support these exciting young musicians next Thursday. There is no need to reserve tickets for this event.

Channing Association Fireworks - Saturday 6 November

After being forced to take a COVID break in 2020, the much anticipated Channing Fireworks will return bigger and better this year, on Saturday 6 November. Various street food vans will serve up amazing food alongside our beer tent, sweets & accessories, DJ and dancers. Gates will open at 5:30pm when the food will be open for business. The amazing firework display, lasting for 20 minutes, will begin at 6:45pm, followed by dancing 'til 8:30pm.


Tickets are selling fast (75% already gone) so get yours now at [bit.ly/channingfireworks2021!](https://bit.ly/channingfireworks2021)



ABRSM Examinations w/c 6th December - APPLICATIONS NOW OPEN


We will be holding practical music examinations during w/c 6th December 2021 for pupils in both the Junior and Senior Schools. These examinations are also open to students who have practical music tuition outside of school, providing the student's teacher has stated that they are ready to take an ABRSM practical examination this term.

We do need parental consent before we enter candidates, therefore parents need to scan the QR code shown and complete the online form by 4pm on Friday 15th October at the latest. Regrettably, we will be unable to process late applications.



ABRSM Examinations

Examinations are scheduled to take place during **w/c 6th December 2021**



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

Consent forms must be submitted by 4pm Friday 15th October. Regrettably, late entries cannot be accepted.

Girls Enjoying Success

Sports News

U19 ISNC Netball

The Under 19 Netball Team travelled to Latymer Upper School to play in the second round of the Independent Schools Netball Cup. After a tough first half, Channing was two goals down. At the start of the second half, the team worked hard to secure a 7 point lead. They held off a late comeback from Latymer Upper to secure a 50 - 46 win.

U13 ISNC Netball

On Tuesday, the U13 Netball team played in their first Channing Netball fixture of the Academic Year against Brentwood School in the first round of the U13 ISNC. Clara E and Arabella D displayed some sharp shooting and to their credit the team fought to the end to score 12 goals. Unfortunately we did not walk away with a victory but in true Channing spirit they had a great time and learnt a lot from the match. Well done to Flora G, Hermoine H, Anna R-B, Gretel M, Leila L, Annabel S, Arabella D and Clara E.

Year 7 Netball

The Year 7 A & B team played a four way fixture against City of London School for Girls, Frances Holland NW1 and South Hampstead High School. The students were playing in their first fixture and showed a lot of talent and determination.

Results -

Channing A 5 - CLSG 5

Channing A 4 - SHHS 1

Channing A 4 - FH NW1 - 2

Channing B 3 - CLSG 0

Channing B 0 - SHHS 5

Channing B 0 - FH NW1 9

Under 14 GSA Netball Tournament Condover Hall

Our Year 9 netballers travelled to Condover Hall in Shropshire last weekend for the GSA Under 14 Netball Tournament. The students made a strong start to the tournament by beating Godolphin & Latymer 14 - 9. In their second match they lost a competitive match against Lady Eleanor Holles. However, the students rallied to win their next three matches and they drew their final match against The Abbey, Reading.

The team was placed in the top trophy pool on Sunday. They unfortunately lost their first two matches to Putney High and Marist. However, they played amazing netball to clinch a strong win against Withington. This meant that Channing was playing for 5th and 6th place in their final match of the tournament against Godolphin & Latymer. It was a very tight match and the score was 7 - 7 with 2 minutes to play. However, Godolphin & Latymer pulled away to win the match 9 - 7.

Huge congratulations to the team on achieving 6th place out of 21 schools.

London Virgin Mini Marathon

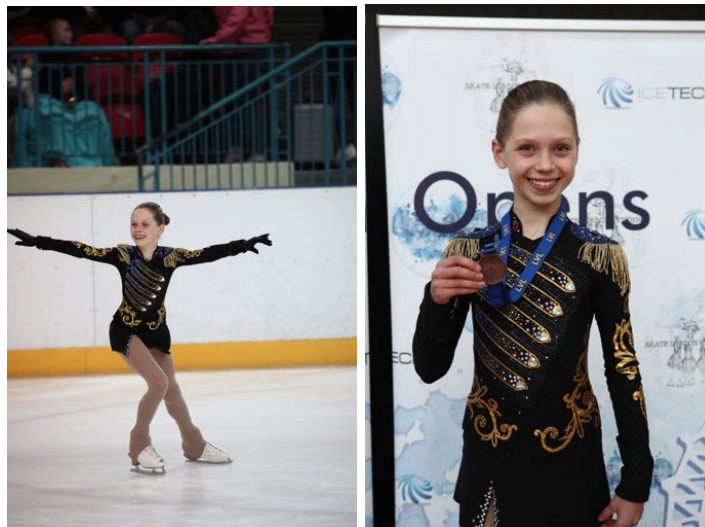
Good luck to Bea C, Year 9, who is running for the Borough of Camden Girls U15 team, Mia C, Year 8, who is running for the Borough of Haringey and Anna R-B, Year 8 who is running for the Borough of Hackney in this year's London Virgin Mini Marathon this Sunday. Wishing you - and everyone in the Channing community who is taking part in the Marathon or Mini Marathon - a great run!

London Pulse

Congratulations to Kiki in Year 10 who has been selected to be a part of the London Pulse U17 Netball Squad. Well done, Kiki.

Ice Skating

A big congratulations to **Kira** in Year 7 who won bronze out of 38 girls in her age group from across the UK in her recent ice skating competition. Well done, Kira!



Biology News

On Friday 24th September, Year 12 Biology students went on a field trip to Epping Forest. We arrived at the Field Studies Centre and were greeted by our guide, Celeste, who told us about the site and the various species that live there. In the morning we focused on aquatic invertebrates. We carried out an investigation comparing the biodiversity of two ponds (lily pond and frog pond). In groups, we planned our investigation and used pond dipping as the strategy to collect different species of invertebrates, identifying them with a dichotomous



key. Back in the laboratory, we compared their biodiversity using a statistical test. In the afternoon we spent time focused on terrestrial invertebrates. In our groups we collected data about how the tree species affected biodiversity. We found lots of different invertebrates and even a toad! It was a very fun and informative trip - but we won't miss the spiders!

Edie and Sienna, Year 12

Geography News

This week the Year 12 geographers conducted local fieldwork in Highgate as part of their Changing Spaces Making Places topic. They investigated the different elements that make up place identity, shifting flows of people, resources and ideas, as well as past and present connections in order to build up a detailed place profile of our local area - and happily the rain held off & they got to enjoy some sunshine!



Music News

Congratulations to Ella B, Year 7, who gained a Distinction in her recent grade 5 Theory of Music examination. Well done, Ella!

Music at Lunchtime

Our Music department mantra is 'music for all' and never has that been more clearly demonstrated than over the last three weeks of Music at Lunchtime. We began with a full Diploma recital by Talia, followed by excerpts from recital programmes last week. How wonderful then that this week it was the turn of younger members of our community and included three Year 7s making their debut on the Arundel Stage. Even more remarkable were the instruments featured: Double Bass, Trombone and French Horn! We have heard 'Jesu joy of man's desiring' many times but never before on the Double Bass; we have now, thank you Rebecca. Eleanor (Trombone) had us toe tapping with 'Shutdown Samba'. We will be hearing 'My favourite things' reverberate around the school over the next term or two but Saira on the French Horn whetted our appetite. It was left to Evangelina (Voice) to give us a glimpse of what our new Year 7s have to offer. My, what remarkable confidence, a born performer, as she thrilled with 'Turning Tables' and 'Skyfall'. Watch this space. In the meantime do listen again [here](#).



Classics News

Emily K, Year 13, was invited to Brasenose College, Oxford, along with Ms Cann, after she won MASSOLIT's first video essay competition for her essay, 'The Bathhouse and the Workhouse: Opportunities for Women in the Nineteenth Century Ottoman Empire.' The two winners and runners-up were treated to lunch with Brasenose fellows, the senior tutor, and MASSOLIT staff, as well as a tour of the college from the student president and an awards ceremony.



English News: Gothic Tales

'The worst of all the things that haunt poor mortals... is Fear!'
These chilling words cut through the gloom, issuing from a shadowy figure, lit only by the flickering light of a single candle.

On Wednesday afternoon, Year 8 gathered in the Arundel Centre to experience a theatrical journey into some very dark places. As part of this term's study of Gothic literature, they were treated to a virtuoso one-man performance by Rupert Mason of Redheart Theatre, who brought to life three tales of horror, mystery and suspense. 'The Red Room' by H G Wells, 'The Signalman' by Charles Dickens and 'The Tell-Tale Heart' by Edgar Allen Poe were vividly recreated on stage with ingenious and atmospheric lighting and sound effects.

Following the performance, students had the opportunity to ask questions about the stories and the process of creating this memorable production. Their English teachers are looking forward to reading Year 8's own writing in the Gothic genre, and hoping we don't have nightmares!



Careers News

We are hopeful that Year 11 and 12 students will be able to benefit from in-person work experience next summer. Our programme relies heavily on the Channing community, where parents, alumnae, staff and their network offer students shadowing and work experience. If you are able to offer advice and/or a micro-internship or would like to assist us with our interactive introduction to interview evening, we would be delighted to hear from you on careers@channing.co.uk.

Students may wish to explore different fields independently. [The Forage](#) offers free virtual work experience with leading companies in a wide range of fields. [InvestIn](#) provides students aged 12-18 with an immersive experience of their dream career (cost), including simulations, site visits and 1:1 networking opportunities in careers as diverse as Medicine, Law, Engineering, Investment Banking, Architecture and Entrepreneurship. InvestIn will be running [free parent seminars](#) in October on Medical and STEM careers.

Extra Curricular News

In Globetrotters, a Geography club for Year 7 & 8 pupils, we made geographically themed biscuits. Take a look at the great creations and fun below:



Teaching & Learning News: Parental Views of Failure

Last week in our focus on Fearless Learners we looked at *'The Importance of Failing'*. We continue with that theme this week looking at *'Parental Views of Failure'*. You can read a simple summary of the research [here](#) (it is a 3 minute read).

A reminder that we have teamed up with [Inner Drive](#) to look at the most up to date educational research that will help students, teachers and parents understand the attitudes and behaviours of Fearless Learners.

Tip: Parents should view failure as an opportunity. If parents have an 'enhancing view of failure' it encourages children to see it as a chance to learn and grow rather than a source of shame.
[#fearlesslearners](#)

News from the Junior School

Please see our social media accounts to keep up to date with what's going on at Fairseat. Follow us on: [Channing Instagram Account](#), [Channing Twitter Account](#), [Channing Facebook Account](#) and [Miss Dina Hamalis Instagram Account](#).

Channing Archives

As the new Year 7 classes embarked on their journey to becoming Fearless Learners yesterday, I was reminded that this must have been the case for these pupils in the late twentieth century. They were studying, exploring and excelling at Channing at a time when female education was not a priority!

