



Dear Parents,

On Tuesday morning our assembly was taken by Daisy Bessell, Fundraising & Marketing Officer for Women for Women International, our chosen Senior School charity for the year. Since 1993, Women for Women International has invested in the power of over half a million women across 17 conflict-affected countries. From Afghanistan and Iraq to Nigeria and the Democratic Republic of Congo, they invest where inequality is greatest by helping women who are the survivors of war and conflict.

The charity was founded thirty years ago in response to the Bosnian War, in which over 50,000 women were subjected to sexual violence as a weapon of war. Thousands more witnessed the killing of loved ones and destruction of their homes, and were left struggling to provide and care for their families whilst dealing with severe trauma. Survivors said that they felt invisible, that the world had forgotten about them, that no one cared. This experience is mirrored in the lives of women in all the conflict-affected countries where Women for Women International work.

Daisy explained that the charity believes that empowering women creates a ripple effect of change, breaking cycles of poverty and rebuilding communities. She outlined the four key programmes they run. The core Stronger Women, Stronger Nations programme provides women affected by war with the tools, knowledge, and support they need to transform their lives. The Change Agents programme, launched in 2017, equips women with leadership and advocacy skills, enabling them to address challenges in their communities, work with local leaders, and create systemic change.

In addition the Men's Engagement Programme educates husbands, male relatives and community leaders on gender equality and women's rights. By challenging harmful norms, this initiative fosters healthier households and stronger communities. Finally the Adolescent Girls Programme equips girls with essential life skills, focusing on gender equality, health and wellness, financial literacy, and safety. By addressing the unique challenges they face - poverty, lack of education, and gender-based violence - we empower them to take charge of their futures.

It was fantastic to see where the money we are raising this year will go. Just £264 will pay for one woman to complete the Stronger Women, Stronger Nations programme and, given that we anticipate raising several thousand pounds this year, I am excited to think how many women will be empowered by the support of Channing girls. This impact will be further augmented by our participation in #MessageToMySister, where we are invited to send a message of hope and solidarity to a woman survivor of war. Our messages will remind her she's not alone - that someone, somewhere, believes in her strength and her ability to rebuild her life. That is the power of women, for women.

A focus on our support of others is a key part of our Unitarian ethos, and our commitment to community service and charity work is something of which I am really proud. Indeed social impact is a key pillar of our vision for Channing 2035. It struck a real chord, then, when I read David Brooks' article, [The Character-Building Tool Kit](#), in the New York Times. I particularly enjoyed this section:

The schools that focus on moral education ... have a sense of moral mission, that who you become is more important than what career track you pursue. ... They have a clear goal and everybody knows their role in achieving it. They have rituals to mark transitions. They have retreats and group travel so that people can see one another before the makeup goes on. They provide opportunities for struggle and growth. They often have sacred symbols and initiation rituals so that everybody knows they belong.

Next week provides just one of those opportunities: it's Year 8's Charity Week and each House will be putting on events with a birthday theme, to coincide with our 140th anniversary on Tuesday. I hear talk of a massive game of Musical Chairs, party food for lunch on Tuesday and a slumber party-themed home clothes day on Friday. These communal events are what bond us as a community and I look forward to the week-long Channing party (I have bought a new pair of pyjamas specially!).

Further to last week's launch of our strategic objectives for Channing 2035, I am delighted to invite you to contribute to discussions about how to bring these objectives to life. This will be in the form of World Café-style facilitated sessions looking at what you love about Channing, what you dislike, what you think we should change and what you think we should create. Senior School parents should click on [this link](#) to book their place. For Junior School parents please use [this link](#). Places are limited so if you'd like to participate I would suggest you book as soon as possible.

Finally this week a reminder that no girl should be on site before 7.30am, please. None of our extracurricular activities start before that time and the breakfast club opens at 7.30am too. We cannot offer supervision of your child before that time. Most importantly though, we want to ensure that all children arrive safely in school, especially during the darker months. If this poses a logistical problem for you, please do contact your child's Head of Year to discuss.

As we head into the weekend I wish a happy Chinese New Year to all those families who will be celebrating next week. May the Year of the Snake bring you love, health and happiness - gong xi fa cai!

With best wishes for the weekend,

Mrs Lindsey Hughes
Headmistress

Notices


Invitation - Join Channing Community Choir!

Parents are invited to join the Channing Community Choir and perform at the Spring Term Choral Concert at St Joseph's Church in March. Further information can be found on the invitation here: [Invitation - Channing Community Choir at St Joseph's.pdf](#).

ABRSM Practical Music Examinations, Spring Term w/c 31 March 2025 - APPLICATIONS NOW OPEN


We will be holding Spring Term Practical music examinations over **two or three days** during **w/c 31 March 2025** for candidates in both the Junior and Senior Schools. These examinations are also open to candidates who have practical music tuition outside of school, providing their teacher has stated that they are ready to take an ABRSM Practical examination this term.

(Please note: examinations in the Summer Term will only be available for pupils in the Junior School, these will take place 16-18 June.)



ABRSM Examinations

Examinations are scheduled to take place for
2-3 days during **w/c 31st March 2025**



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

*Consent forms must be submitted by **4pm Wednesday 12th February**.
Regrettably, late entries cannot be accepted.*

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 Wednesday 12 February** at the latest. Regrettably, we will be unable to process late applications.

Performance Anxiety: A Tooled up resource recommended by the LAMDA Department

[Everyone Gets Stage Fright: A Chat with Dr Anna Colton](#)

Stage fright, otherwise known as performance anxiety, can affect anyone, not just actors and performers. It happens ahead of many different kinds of tasks and impacts most people. Whether it's worrying about going on stage, feeling anxious about giving a presentation, nerves before a test or about going to a party or talking to someone in a shop or restaurant. Everyone's stage is different and everyone's anxiety is activated by different stimuli!

In this webinar, clinical psychologist, Dr Anna Colton, talks us through the biology and psychology of performance anxiety, exploring how universal and ordinary this experience is. She then provides numerous, practical strategies that can help children, young people and adults. This webinar is great for parents and can be watched with young people themselves.

It is always so heartening to see that the most frequent comment by students in the LAMDA Course Evaluations is the excitement at the confidence they have developed that they will use in all future arenas even 'Just speaking up in class'. A Sixth Former who was presenter for her team,

who won the Young Enterprise award, afterwards said: 'Let's face it Miss, it was the LAMDA and Drama training that did it.'

Engineering Experience (Virtual), 18 - 21 February

We have been made aware of an opportunity to participate in the Smallpeice Trust Engineering Experience, which is a virtual course exploring the fascinating world of engineering. It is open to pupils aged 12-14. There are limited tickets available which you can access through the link below. Please note that this is a course run by an external organisation.

<https://www.smallpeicetrust.org.uk/course-page/dd226526-aa7c-ef11-ac20-7c1e52035ff7>



Chatting with Channing - Duke of Edinburgh Award at Channing

In this episode of Chatting with Channing, we dive into the world of the Duke of Edinburgh Award. Join Ms. Yun, Channing's Duke of Edinburgh manager, and four of our Year 12 students— Maika, Sereny, Elise, and Ava—as they share their personal stories, favourite moments, and the life-changing skills they've gained through the programme.

Discover how the award fosters teamwork, resilience, and independence as students navigate expeditions, volunteering, and skill-building, often in challenging (and hilarious!) circumstances.

Listen now to hear about wild camping anecdotes, leadership lessons, and how even the toughest moments can turn into laugh-out-loud memories! Listen on: [Spotify](#), [Apple Podcasts](#) or the [Channing Website](#).



Channing Association News

Year 7 & 8 Disco

The Channing Year 7 & 8 disco will take place on Saturday 1 March. We have also received an invitation for Channing Year 7 girls to attend the UCS Year 7 disco on 25 January. Please see the "What's On" section on Classlist for further details.



Girls Enjoying Success

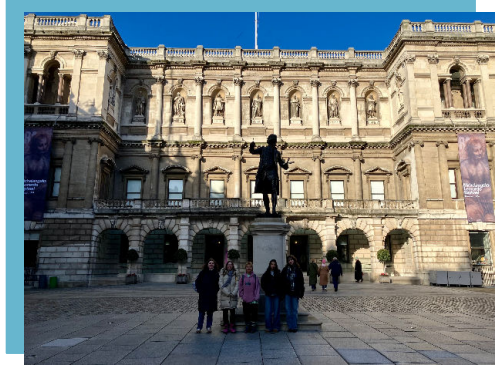
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History of Art News

Last Thursday, the Year 13 Art History students went to the Royal Academy and the National Gallery. At the RA, we visited an exhibition on Michelangelo, Raphael and Da Vinci, which included

their preparatory sketches and studies which would have been used for their masterpieces.

Michelangelo stood out as particularly impressive because of his attention to anatomical detail seen in the musculature of his figures. We also looked at some artworks in the RA's permanent collection, consisting of paintings in the Neoclassical tradition and copies of classical sculptures such as the 'Laocoon and his Sons'. After lunch, we went to the National gallery and looked at some Impressionist works by Monet, as well as those by Cezanne and other Post/Neo-Impressionist artists. Despite some of the rooms in the National Gallery being closed, we discussed the artworks on view and how they influenced the works in the 'Modernism' topic we are currently studying.



Lana, Year 13

History News

Holocaust Survivor Paula Zeff

On Monday the History Department hosted two speakers from the Holocaust Educational Trust as part of a wider programme marking Holocaust Memorial Day 2025. Dr Jaime Ashworth spoke on the historical roots of the Holocaust and survivor Paula Zeff shared her story with the Sixth Form. The testimony was followed by a question and answer session to enable students to better understand the nature of the Holocaust and to explore its lessons in more depth. The visit is part of the Holocaust Educational Trust's extensive all year round Outreach Programme.

Paula was born in September 1939 in Rotterdam, Holland. Her father was a refugee from Nazi Germany and her mother lived in Holland but was originally from Belgium. They met and married in Amsterdam in 1937. When Paula was 2 and a half, her parents felt that life in Nazi occupied Holland had become very dangerous for Jews and they attempted to escape to Switzerland. They went on their own at first and then planned to send for Paula and her grandmother. That was the last anyone heard of them. Paula learned, after the war, that they had been captured at the Swiss border and deported to Auschwitz-Birkenau where they were murdered. Paula was saved by the kindness of a local church who hid her through the duration of the war.

Music News

Music at Lunchtime

The New Year certainly kicked off with a bang here at Channing, as the Senior Flute Ensemble treated us to a lovely duo of pieces, 'The Bare Necessities' by T Gilkyson and 'Un Mari a la Porte Offenbach'. Led by the students themselves, this was an impressive display of musicianship by our senior flautists. Looking forward to seeing more of what their weekly dedication will bring! Next,



Luliya in 7JG made her Music at Lunchtime debut by singing 'Unstoppable' by Sia- what a demanding song! It requires a huge range and Luliya should be highly commended for her powerful performance. We can expect to see her on the Music at Lunchtime stage again very soon!

After that, we had Beth in 8VS sing a beautiful rendition of 'Fly me to the moon' by Bart Howard. Arranged slightly differently to the Frank Sinatra cover that popularised it, it was certainly less jazzy

but what it lacked in syncopation Beth made up for in a beautiful clear tone that really suited the

style and lyrics. Well done Beth! Finally, this week rounded off with a hark back to tradition as Maisie Bradshaw sang a gorgeous version of Greensleeves, arranged by Kern. Seriously beautiful, and sung exactly as it should be! Well done to all the performers this week- you've set the bar high for the spring term! Do listen [HERE](#).

Reviewed by Eve C

Duke of Edinburgh News

Early Saturday morning, in the bitter cold, Channing Year 10 Silver and St Aloysius's Bronze students came together for a day to refresh their campcraft and navigation skills.

With some healthy competition around Waterlow Park, girl power sometimes prevailed but the boys also took their win and chocolate!

They all discovered that teamwork was the key to success as they planned routes for their practice expedition to the North Downs in April. We are hoping for some milder temperatures but as always will be prepared for anything!

Thank you to all the Sixth formers, Bronze, Silver, Gold Leaders and St Aloysius' staff for helping the day run so smoothly.



STEM News

Junior and Senior Joint Maths House Competition

On Monday 13 January 7CWi, 7LR and Year 6 joined forces and put their problem-solving skills to the test in our Maths House competition! They completed a tricky Sudoku challenge, built cubes from pyramids, "Make a Number" had everyone thinking creatively as they combined different digits to reach targets and a Crossnumber challenge. In the end, Spears came out on top, with Goodwin close runners up! Here are the final results:



House	Total Points
Spears	28
Goodwin	25
Waterlow	21
Sharpe	20

It was fantastic to see Senior and Junior school students collaborating, thinking critically, and problem solving together!



Maths Problem Solving Club

This started on Wednesday with Saskia and Yael in Year 12 working with 10 students from Highgate Primary school and Channing Junior School. We were impressed how quick they all were completing a times table challenge in their warm up. Then Mrs Wootton introduced the frog investigation in a practical way with the students representing the different coloured frogs and they had to solve the strategy problem.

They then replicated the game and solved it in pairs discovering the pattern contained square numbers and realising that algebra is everywhere! Here they are solving the problem, hard at work!

Anatomy Club

The Anatomy Club restarted this term with the dissection of a sheep's heart. Again the Year 12s were on hand to guide the students. The pupils explored the heart's four chambers, and also compared the size of the left ventricle with the right ventricle. They then examined the valves between the atria and the ventricles. Finally the students carefully made some slides from the heart muscle to inspect under a microscope, cutting the muscle tissue as thinly as possible. Next week, we will dissect a sheep's eye. Please contact Ms Rao if you would like to join, Tuesdays at 12.30.



Author Visit: Tamsin Winter

The author Tamsin Winter visited Channing on Tuesday 21 January to run a creative writing workshop for Year 7 and talk to Year 8 about her books and career. She also had lunch with the pupil librarians. Tamsin spoke about her journey to becoming an author, which started with some mixed feedback from her primary school teacher on her work ('This is nonsense!'). However, Tamsin persevered and went on to study Creative Writing at university and become an English teacher and after a lot of hard work (we saw the stacks of typescripts for *Bad Influence*) she finished her first novel, *Being Miss Nobody*. She has now published four books and a new one - *I Dare You* - will be published in May.



Tamsin spoke about her four novels, which feature girls in their early teens struggling with the ups and downs of school, relationships, social media and more. Tamsin's protagonists show courage and determination to overcome their problems, and the books are full of empathy and humour.

In her creative writing workshop, Tamsin Winter gave pupils tips and prompts for creating a believable fictional world and an intriguing opening to a story. You can read some of their work [here](#).

Tamsin also announced the winner of the Year 8 creative writing competition. Tamsin received many fantastic entries to the competition and it was really hard to choose a winner. However, congratulations to Violet in 8CC for her fantastic opening chapter, which you can read [here](#).

Drama News

Year 13 A Level Drama students performed 'Fruit Borne Of The Same Tree' in the Arundel Centre Theatre this week. An original piece of devised theatre it is based on the nursery rhyme 'Oranges and Lemons'. The performance and set design used the techniques of Kneehigh Theatre Company to present a story of toxic love and female aging as a tragic fate. Song, movement and puppetry were used to great effect to express this darkly comic tale.



Sports News

Under 13 Sisters in Sport Netball Quarter Final

Congratulations to the Under 13 netball team who travelled to St Theresa's, Effingham, to play in their quarter final tie. They team started strongly, taking a 4-0 lead and even though St Theresa's fought back, the students worked hard to maintain their advantage. They eventually won the game 29 - 26. The team should be very proud of the resilient performance. Congratulations to Thomasina R who was named player of the match, and good luck to the whole team in the semi finals to come!

Politics News



This week, the Year 12 Politics students were treated to a talk and Q&A session from former MP Mr David Sumberg (grandfather of Politics student Sophia S). He discussed his career as a Conservative MP under the leadership of one of the UK's most well-known Prime Ministers, Margaret Thatcher. Mr Sumberg's talk expanded upon our knowledge of the House of Commons and the role of backbench MPs in the government and their own constituencies. He also talked about his career as an MEP and gave us some very useful career advice on becoming an MP! It was a lovely opportunity to take politics out of the classroom and back

into its role in society. Thank you, Mr Sumberg and the Shapiro family!

by Lauren A, Year 12

Channing Archive

From little angels to snow angels...We would like to share these photos from the January page of the Fairseat (the former name for the Junior School) Calendar 2007/8. The buildings have been modernised but the playful adventures remain the same!



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