

A young girl with long blonde hair, wearing a white and blue striped school shirt, is smiling and talking to another girl. The background shows other students in school uniforms sitting outdoors. The image is overlaid with geometric shapes in shades of green, brown, and pink.

*Girls  
Enjoying  
Success*

**Channing**  
SCHOOL

Independent Day School for Girls aged 4-18

Senior  
School  
Prospectus



# 'Girls Enjoying Success'

Our Mission:

To inspire pupils to develop scholarship, integrity, altruism and independence.

Channing School is a centre of academic excellence in North London, where we ensure that every girl feels empowered, valued and supported.

We provide a stimulating and vibrant educational experience that nurtures and sustains independent thinking, confidence and creativity.

We uphold our Unitarian heritage in encouraging girls to develop respect, tolerance and understanding of all faiths as well as individual and social responsibility.

CONABOR





## Welcome

Channing School is unique in providing an education based on the principles of two Unitarian sisters who, more than 130 years ago, founded a school for girls in Highgate, North London. In a changing world of uncertainty and pressure, girls find at Channing an oasis of calm purpose, where pupils are encouraged to think for themselves and to keep an open mind.

Our academic results are among the best in the country and our most recent ISI Inspection Report awarded Channing the highest possible ratings in all categories, concluding that 'The quality of pupils' achievements and learning is exceptional'.

Each girl is treated as an individual and valued for her achievements and efforts, whether sporting, musical, theatrical, intellectual, spiritual or academic...or none of the above. Sometimes the greatest lessons are learned from the kindness of others and we recognise and encourage this too.

Every member of the school belongs to a warm, supportive community and this includes all our pupils, staff, parents,

alumnae and many friends.

I hope that this prospectus contains information to help you and your daughter make an informed choice about secondary education. If you do require further details, please contact the Registrar on 020 8340 2328, or visit our website [www.channing.co.uk](http://www.channing.co.uk)

Please do come and visit us. Many visitors comment on the indefinable 'feel' of the school, its very special atmosphere and unique ethos. The prospectus can only paint a picture: the people will tell you the full story!

I look forward to welcoming you to Channing.

**Mrs B M Elliott, MA (Cantab)**

**Headmistress**

# The Key to our Success

We have been educating girls at Channing for more than 130 years and our experience has taught us that nothing is more crucial to ensuring our students' success and happiness than a framework of exceptional pastoral care. At Channing, this extends from the moment pupils join us at 4+ right up until they leave at 18, ready to take their place as confident and articulate young women in the complex and challenging world of the 21st century.

The Channing Promise, which was devised by our pupils, ensures "we treat everyone with respect and kindness". These defining values underpin the pastoral system at Channing, which is unquestionably one of the major strengths of the School. We are truly fortunate to have such an experienced, committed and proactive pastoral team to assist the girls in their academic, social and wider development as they progress through the School.

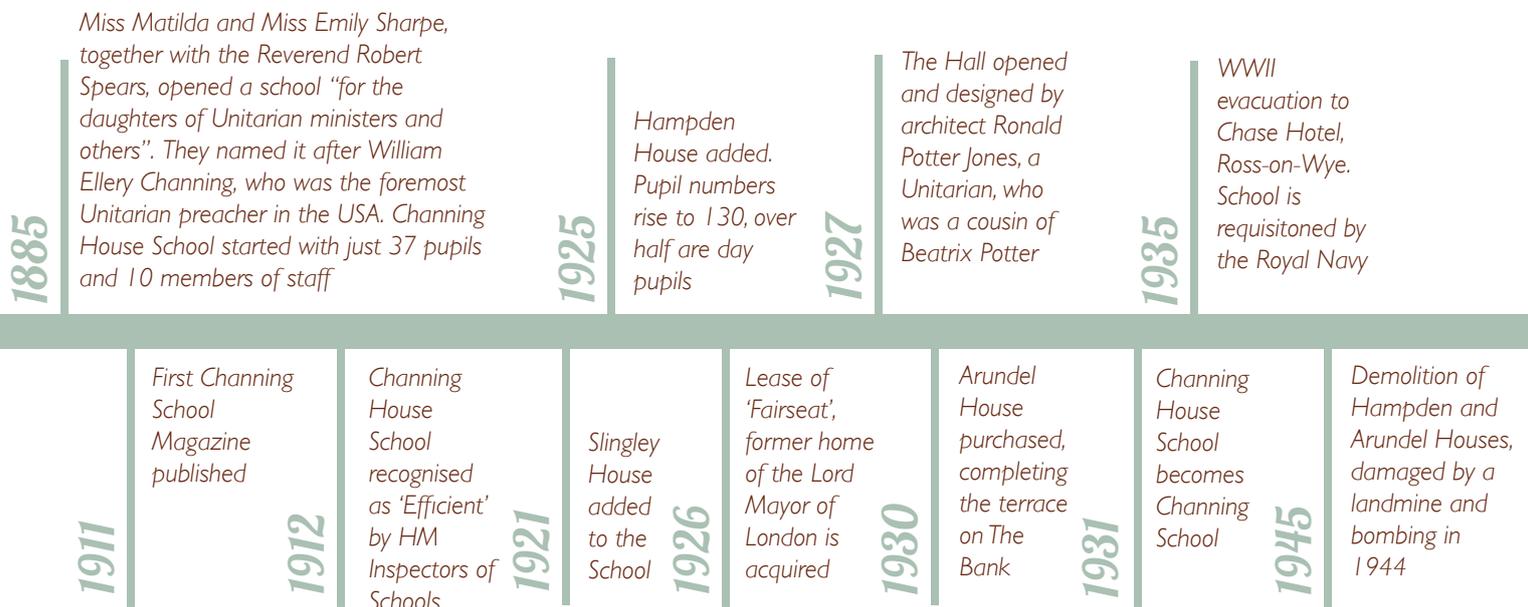
Day-to-day, Form Tutors and Co-Tutors provide the real basis of pastoral care within the School and they have a true understanding of a girl's strengths and areas for development. They are the first point of contact for a girl if she wishes to discuss an issue and they co-ordinate all form activities, ranging from charity fundraising (very popular) and form assemblies, to discussion of 'Question of the Week'.

The Form Tutor also acts as a mentor and monitors targets that have been set by teaching staff for individual girls. They are aided by a Co-Tutor who coaches, mentors and supports girls whenever the need arises. Informal meetings take place

before school or at lunchtime and these often nip issues in the bud or provide advice as to how to improve skills such as good homework, study or revision habits. These staff are supplemented by Heads of Year / House, an experienced School Counsellor and the School Nurses, who offer more personal and confidential advice should the need arise. It is reassuring for girls entering Year 7 to know they will be paired with and supported by a 'Big Sister' (i.e. a girl in Year 8), and this plays an important part in Channing's friendly and informal academic environment.

Older students and Sixth Formers also offer peer support to those girls who need help with academic subjects and girls can often be seen pairing up at break-time, after school or lunchtime trying to solve the intricacies of Latin declensions or the joys of a complex mathematical conundrum. If any support is needed, a girl only has to ask but this does not detract from the fact that we endeavour to develop skills of resilience, independence and self-belief during a girl's time in the Senior School. A major aim is to develop the leaders of tomorrow who are socially aware, confident, adaptable, intellectually curious and resilient.

New parents will receive a warm welcome from The Channing Association, which is responsible for so many events including the much-acclaimed Channing Fireworks in November, the Year 7 & 8 Prom and the annual Leavers' Ball. The Association has done much in the way of raising funds for the School, for a mini-playground at the Junior School for example, and has contributed towards our most ambitious building project to-date: a new Performing Arts Building, Sixth Form Centre and Sports Hall. With all buildings in use, Channing is best placed to meet the ambitions of current and future pupils, taking advantage of modern technology and educational innovations.



## The Channing Promise

Pupils developed the Channing Promise to articulate the School's core values and code of conduct to which every member of the school commits.

At Channing School we:

- treat everyone with respect and kindness
- think of others and be aware of their feelings
- create a positive and supportive environment where we have the freedom to act, think, and be heard
- make the most of the opportunities we are given
- treat all people fairly.



*“Never forget:  
life is expecting much  
of you and me”*

Miss Matilda Sharpe



# Academic Achievement

At Channing, we have high standards and expectations, and girls quickly internalise the belief that they can achieve anything, developing into confident, independent, curious learners. Teaching at Channing is innovative and dynamic, with teaching staff not only experts in their fields, but having a genuine passion for passing on their knowledge to pupils.

With examination results amongst the best in the country, Channing has a proven track record in delivering those all-important top grades girls need to gain entry to the best

universities in the world. The 'Good Schools Guide' recently wrote '**Channing is an academic school, but not one where academic achievement overrides all else**'. We recognise and value the achievements of all pupils and celebrate success in all its forms.

The combination of our values, exceptional teaching, genuine care and mutual respect has nurtured young women of confidence and courage who go on to leave their mark on the world.

## Teaching & Learning at Channing

### Mr Andrew Boardman, Assistant Head

"One of my roles at Channing is to keep colleagues focused on the craft of the classroom and to lead on the development of teaching and learning (T&L) initiatives. We draw together good practice and share across the school.

The other associated aspect of my role is to lead on the development of new and emerging technologies. I am not an IT zealot. I don't understand how the internet works. What I am is a trained geographer and teacher who sees the genuine academic benefits of using technology in the classroom.

IT can have a meaningful impact on the ways students learn and it can enrich the curriculum, not just inside our classrooms but outside as well.

**"Pupils develop exceptional confidence in their use of communication and information technology (ICT); individual tablet devices are used extensively and effectively, exploiting the opportunities so given for teamwork."** ISI Report, 2015

That said, at Channing we believe it is far more important for us to create significant, interesting and useful learning opportunities for our students than it is for us to promote any educational technology.

We know that technology alone will not replace intuition, good judgement and problem-solving abilities. However we do provide a technology-rich environment that supports our excellent teaching and learning.



At Channing we are currently a 1:1 iPad school and our students use technology to support their learning in a variety of ways, including 'Big Words', 'Kahoot', Google Docs and our Virtual Learning Environment (VLE), 'Firefly'.

We encourage pupils to collaborate with each other using their iPads and take advantage of the many positives of using technology to enhance learning. However, we stress that it is important to spend time away from their device at break and lunchtime, talking to friends, going to clubs, listening to Friday recitals or getting some fresh air. We expect the girls to read books and academic educational magazines. Our key message is responsible and appropriate use of all technology and to that end, students have created an 'iPromise', which is printed in each diary. We have school rules for iPad use, an Internet Code of Conduct and the Anti-Cyber-Bullying Code.

We all know the world is changing quickly. At Channing, we want to use the best aspects of technology in our T&L, whilst holding onto the traditional approaches that we know work in our classrooms with our learners."



*Mr Underwood with Rachel and Ella, Charities Officers*

## *Altruism at Channing*

### **Mr Andrew Underwood, Deputy Head**

"As a school, we feel it is important for our pupils' development that they are ready to help those less fortunate than themselves and charity fundraising and community involvement have long been features of the Channing experience. Each year group and House in the senior school raises money for the School charity, which the girls choose by a whole-school vote. Charities alternate every year between international, national and local.

Every pupil at Channing enjoys being a part of the School's efforts to support charitable initiatives. Aside the whole-school charity (recently The Simon Community), girls may take it upon themselves to organise activities to support individual charities close to their hearts, or in response to national and international appeals throughout the year. For example, pupils and staff support a non uniform day and wear pink to support the Alexandra Wylie Tower Foundation, set up in memory of a former Channing pupil.

Several charitable appeals are transformed into a friendly inter-House competition, often resulting in some spectacular

donations, for example, a clothing drive to support refugees resulted in three van loads of clothes donated to the appeal. A successful Christmas food collection was also undertaken for local families in need.

Being a part of the vibrant local community is incredibly important to girls and staff at Channing. Community Service is also an integral part of the Duke of Edinburgh's Award Scheme and many girls volunteer at local charity shops, provide reading support to younger children, work in local residential homes, do administrative and support work in local synagogues, churches and mosques and local organisations.

Channing choirs also enjoy providing musical entertainment at many of the local fairs and fetes (it rarely takes much persuading to get the choirs on a stage!) and they are a regular feature at Fair in the Square and at the turning on of the Highgate Christmas lights."

# Our facilities

Throughout our history, Channing School has a tradition of always looking forward, ensuring that our girls enjoy an exceptional educational experience. We continually review and improve our facilities in order for our pupils to effectively learn and grow, ensuring that our girls have the competitive advantage they will need as they progress in life.

Our strength lies in the ability to offer girls a safe and secure environment which is intellectually stimulating, enhancing learning across a broad curriculum.

It is no coincidence that our recent building programme, the most ambitious in our School's history, made its focus the provision of excellent Music, Sport and Drama facilities to enhance our exceptional academic programme.

This hugely successful programme has seen the completion of an extension to the Senior School Dining Room, a new Music School, equipped with practice rooms and state-of-the-art technology and a bespoke Sixth Form Centre and Sports Hall, with its own Fitness Suite.

The most recent addition is our spectacular Performing Arts Building, located at the front of the Senior School on The Bank. The theatre style space seats over 300 guests in a professional auditorium and offers students the chance to become involved in all technical aspects of performance, from planning to lighting, props to acting.

Visitors to the Senior School are often amazed at the sheer scale of our facilities as they venture past the rather imposing terrace on The Bank. Our architects have managed to blend the beautiful old architecture with new, environmentally-conscious, modern buildings in a way that reflects our history : always looking forward, guided by the strong ethos of our heritage.

## Performing Arts Building

Brand new for 2017  
Stunning drama space adapts to teaching and performing.  
High tension wire grid allowing pupils to rig lighting equipment safely while working at height.  
Weekly performances - parents welcome!

## Adelante!

The new Spanish language programme designed to inspire and educate all pupils and staff to gain proficiency in Spanish and an appreciation of Hispanic culture. Girls in Year 7 will learn Spanish, followed by an additional language from Year 8 onwards.





## *State of the Art Sport*

Clubs and competitive fixtures  
Four badminton courts  
Fitness Suite  
Multi Use Games Area  
Tennis Courts  
Playing Fields  
Dance Studio

## *Food, Glorious Food!*

Soil Association 'Bronze' Award winning, quality catering, from in-house chefs and catering team  
Special diets catered for with care  
Meat Free Mondays  
Daily hot and cold selection  
Complimentary fruit every day  
Healthy breakfast daily  
Famous Channing flapjacks!



## *Read all about it!*

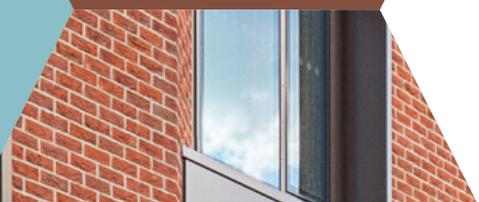
Well stocked library with over 13,000 publications, access to newspapers, magazines, ebooks (via Haringey Digital Library), online journal articles (via JStor) and online resources.  
Quiet study areas for after school  
Dedicated librarian.

## *Music School*

13 practice and teaching rooms  
28 visiting music teachers providing 350 individual lessons per week  
Weekly performance opportunities  
Over 27 choirs, bands, orchestras, ensembles for every musical taste and ability to join  
Music tours abroad every two years

## *Inspirational Art*

Three Art studios offering panoramic views across London  
Ceramics studio  
Dark room for photography  
Regular exhibitions



# The Senior School Journey

When girls join Channing Senior School, they may face new academic challenges, such as unfamiliar subjects or those that are studied in a completely different way to their junior school. In Year 7, we introduce girls to a wide, stimulating and enriching range of subjects, from Philosophy, Latin and Independent Investigation to the more traditional subjects such as Science and Mathematics, as well as our innovative 'Adelante' Spanish language programme.

We aim to develop intellectual rigour and independent thinking in a positive, fun and supportive learning environment. Academic excellence is at the heart of all we do. As such, staff will provide extension work to stretch the most able, whilst our Special Educational Needs Co-ordinator supports girls who may have specific difficulties in certain areas.

There are four parallel forms in each year group but in many subjects girls are taught in smaller numbers right from the start. An Induction Day at the beginning of September helps prepare new pupils for their first few weeks at the School. Every Year 7 girl is provided with an iPad mini (which will have some age-related and software restrictions) to assist them when working in the classroom and at home.

Lessons follow a broad curriculum, much of it based on the National Curriculum but not dictated or limited by it. There is an emphasis on taking part in a wide range of activities and on learning how to be part of a community, using teaching methods that stimulate girls to take responsibility for and gain satisfaction from their own independent learning and development.

From Year 8, Biology, Chemistry and Physics are taught separately and Year 9 sees most girls participate in the Duke of Edinburgh Bronze award, as well as receiving careers advice ahead of GCSE options. There is an extensive programme of trips and visits both in London, across the UK and abroad. Girls develop their ICT skills from the very start of Year 7 and as they progress through the School there is an increasing programme of cross-curricular ICT delivery. PSHE lessons are compulsory for all girls in the School, and these cover a range of topics from sex education and healthy eating, to economic wellbeing, study skills and friendship.

Girls begin to develop their leadership skills and there is a system of elections for Form Captains, Charity Reps and Eco Reps. In addition, girls are able to attend a Year Forum once a term to raise issues of concern or make suggestions for further development with their Head of Year. In all, the first few years of Senior School prepares girls not only for transition into the GCSE years but teaches them the skills needed for life in an increasingly competitive and complex world.



Moving up to Years 10 and 11 constitute the GCSE years when academic study takes greater precedence.

We offer a wide choice of GCSE subjects which enable girls to maintain a broad academic base for as long as possible. Flexibility is ensured as we have no restrictive option blocks and subjects are allocated each year from student choices. Our pastoral team offers girls advice on making the best possible subject choices, taking into account any plans for their future careers. In Year 10, all girls take part in the very popular 'Take Our Daughters to Work' scheme and start to think about potential career paths for themselves by participating in Channing Careers activities.

Each girl is given the time, encouragement and support that she needs to help her rise to and enjoy the challenge of GCSE. We provide a Study Skills programme which enables girls to organise themselves efficiently, work to deadlines and produce work that is of their best. A carefully-considered programme of homework and coursework ensures that all girls are able to manage their time successfully and confidently.

Girls are encouraged to develop an independent approach

to learning within a structured framework. Access to fully networked technology rooms is provided both during and outside lesson time, and girls also have the support of a continually updated, well-equipped library staffed by a professional librarian.

Girls are encouraged to continue to pursue their own interests, sporting, academic, music or drama, by engaging in the extra-curricular programme, as well as Year Charity Weeks, trips and events.

Our Sixth Formers are keen to share their experiences and invite Year 10 and 11 pupils to lunch and give them advice on A level programmes as they plan for their own transition into Channing Sixth Form.



# The Sixth Form and beyond...

The modern Sixth Form Centre provides a stimulating and supportive environment in which girls prepare for the challenges of life after Channing. Whilst academically demanding, the Sixth Form also offers an exciting array of co-curricular opportunities in which girls can expand and develop their interests. Our programme 'Springboard to Success' is tailored to each student, offering not only academic excellence, but a real emphasis on personal development and preparation for the next stage in their lives and beyond.

Crucially, girls become more independent and mature as they take on greater responsibilities within the School and for their own studies. We help them to grow both socially and intellectually and they become important role models for the younger pupils. Students wear smart casual clothing instead of school uniform and enjoy a healthy, bespoke lunch menu in their own coffee area.

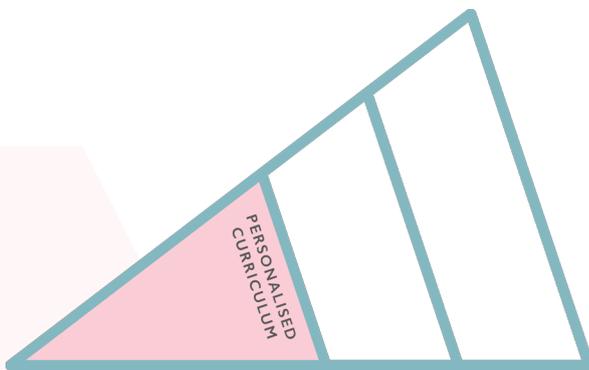
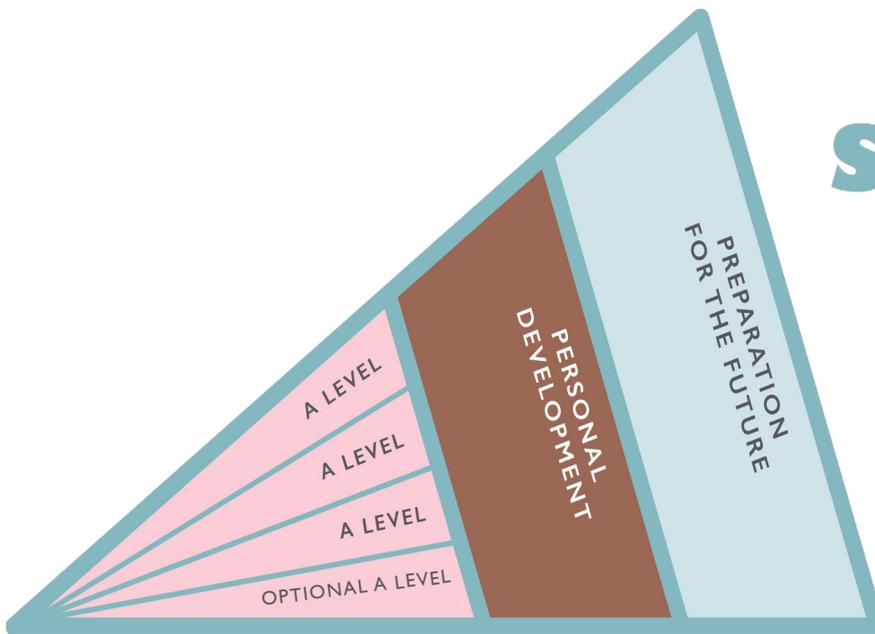
Whilst the majority of girls in the Sixth Form come from Channing, we also welcome students from other schools who wish to join us at 16+. One of the greatest strengths of our

Sixth Form is the breadth of the curriculum on offer; timetabling is flexible and all the Arts, Sciences, Humanities, Modern and Classical Languages are represented. Academic standards are high and our continually excellent A Level results ensure that virtually all students secure the university destination of their choice, whether this be Oxbridge or Russell Group universities, an Art foundation course or degree courses in Europe or the USA.

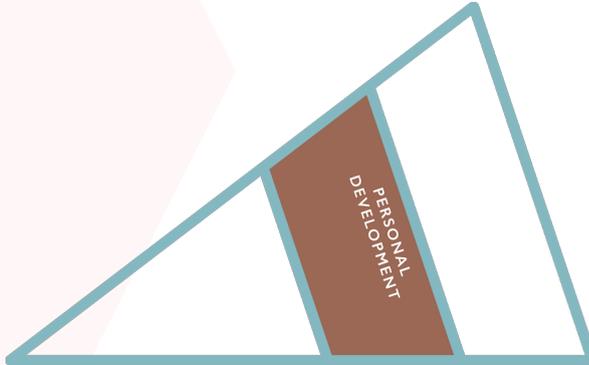
Experienced staff provide students with unparalleled support and guidance in their choice of university and UCAS applications. Obtaining practical experience of the workplace is vital and in the summer term of Year 12, all students are encouraged to undertake work experience, shadowing or internships. We are most fortunate in having a large bank of contacts, including current parents and notable alumnae, upon which girls can draw for guidance and work opportunities.

As girls settle into Year 12, they have the option of taking part in The Young Enterprise Company Programme. Gaining a Young Enterprise qualification has proved a great asset to girls' CVs and also tells employers that they understand the world of work and business. We also encourage Year 12s to take part in the Extended Project Qualification (EPQ) where appropriate, an in-depth personal project or dissertation which develops a whole range of transferable skills and is excellent preparation for life at university.

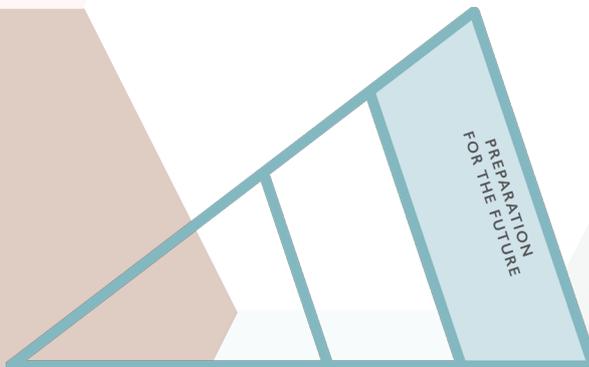




A Sixth Former's personal **Springboard to Success** starts with a **Personalised Curriculum**. Students will choose three A Levels to study over the course of the next two years. Exceptional students may choose an additional A level to complement their studies. Students take advantage of their tutor's and specialist advice in School before making their final choices.



The tailored programme of **Personal Development** in the Sixth Form begins on the very first day of term and focuses on students' physical and mental well-being throughout the Sixth Form and beyond. The programme supports effective learning, supportive friendships and the development of their personal interests in and outside of school.



**Preparation for the Future** is a unique programme of opportunities at Channing. From our excellent careers service to Channing Lectures, the highly valued EPQ (Extended Project Qualification), UCAS support to the Oxbridge Programme, we are experts in helping students realise their university, career and future aspirations.

# Seize the opportunities

We encourage all girls to participate in the wide range of musical, sporting, cultural and community service activities we offer at school or close by. We also arrange regular visits further afield.

Biology and Geography courses, for example, include residential visits to field centres, there are Classics trips to ancient sites in Britain and abroad and the Art, German and History Departments organise weekend visits to the continent. An important part of Year 7 is Enrichment Week, which takes place at the end of the Summer Term. Typical activities include trips to London Zoo, the Crystal Museum at Docklands, a cable car ride across the River Thames, meeting the Tudors at Hampton Court Palace, working with the TongueTied Theatre and Spanish art and dance workshops.

Channing is becoming increasingly competitive in a wide range of sports, including netball, athletics and tennis. The students' confidence is growing and in some of the younger age groups we are able to field three teams, showing our enthusiasm, strength and depth for competitive sport. The girls relish competing in a team environment.

Sport at Channing is open to everyone. To ensure our girls develop a passion for sport that will continue later in life,

we endeavour to offer the widest range of activities and opportunities possible. We offer a wide variety of sports and physical activity options in our extra curricular programme, so that students can choose between participation or competitive opportunities. Students are asked to commit to activities so that they can see the physical and health benefits of regular participation.

There is an ever increasing number of lunchtime and after-school clubs and activities. These range from Sports and Music to Languages, Maths, Photography, Art, Debating and Young Enterprise. Many of these clubs are run by pupils themselves, supported by a member of staff.

## Just a small selection of extra-curricular clubs:

Badminton Book Kookies Ceramics Chess LAMDA  
Concert Orchestra Creative Writing Cryptic Crossword  
Cross-Country Debating Drama Fitness Football  
Globetrotters Junior Choir Puzzle Press Pack Science  
Jazz & Wind Band Robotics Mythologers Photography

The School Council is made up of representatives elected from each form. In meetings chaired by the Head Girls, girls discuss ideas or matters of concern and make recommendations to the Headmistress.

# Duke of Edinburgh Award

The Duke of Edinburgh's Award Scheme is a very popular activity with girls at Channing. Once they have experienced the challenges of the Bronze Award (even though this is likely to be one of the most gruelling experiences they have ever had), a large number opt to take Silver and Gold Awards.

The Award is made up of four elements - Community Service, Physical Recreation, Skill and Expedition. The Bronze Award is offered to Year 9, Silver to Year 10, Gold to the Sixth Form. Bronze expeditions take place in the New Forest and the Chilterns, Silver in the North Downs and the South Downs and Gold in Brecon, Exmoor, Galloway or Yorkshire.



*“Staggering range  
of school trips and  
activities”*

- The Good Schools Guide



# Alumnae enjoying success



## Juliette Otterburn-Hall Years at Channing: 1977 - 1989

Juliette has forged a successful career in the media, from prime time TV to Digital Entrepreneur.

“I was at Channing for eleven years from Year 3 through to 6th form and I loved my time there. I look back fondly at what I realise now was a very unique and special education. It was, indeed, a great privilege.”

### Juliette's story

"Channing was more than just a school, it was a way of life, and it instilled in us a sense of moral values, thirst for knowledge and an intrinsic belief that anything was possible. Anything. The biggest shock in leaving school was that the rest of the world wasn't much like Channing, but yet it had given me the resources needed to tackle whatever lay ahead, and the self-motivation to succeed.

When I was 10, I remember we had had a lesson about future aspirations. I said I wanted to be a TV Producer, and so it was in typical Channing style that I went about fulfilling that dream, encouraged by my fabulous creative parents (my late father was a writer, and my mother a poet).

I went to Bristol University where I graduated with a first in Psychology, coming top in my year. It was then I then had to work out what I wanted to do in life. I wanted a career where I could continue to learn, to work with others, and most importantly for me, where I could continue to be an individual. I sent out 100 letters for work experience within the Media, and took a job with the one person who replied at Sky News, and wangled my way into their politics department. As a "host" in the Green Room at Milbank, I looked after politicians such as aspiring labour leader Tony Blair, Desmond Tutu, and many others. We would sit in the House of Commons writing stories around Prime Minister's Question Time and I knew TV production was the career for me.

From there, I worked my way up to Producer, Director and Executive Producer on prime time TV, travelling far and wide. I was one of the first women in Digital TV.

What I have really enjoyed about working in the media is the ability to keep an open mind and to accept the diverse range of people that I have filmed and worked with over the years.

I have been able to combine a love of storytelling with a passion for travel, being sent all over the world - narrowly missing a toppling iceberg in Antarctica; filming the Hong Kong handover on a boat next to the royal yacht and trying to save the destruction of Smithfields market with Prince Charles.

I have also learned the difference between being perfect and excellent, and much of the best TV has come out of responding to events that didn't go the way we'd intended. Whilst I can't say I have always relished the 18 hour days or the often early starts, I consider myself very lucky to have been able to meet and work with so many wonderful people whilst, back to the Unitarian values of Channing, searching for meaning in life and reaching my own conclusions.

I am also now lucky enough to be a wife and mother to two adorable children and also run a successful digital start up – doing exactly what I have always wanted to do – telling stories in as many varied ways as possible, whilst trying to break down barriers and try something new.

Channing prepares women to respond to the challenges of the 21st century woman. We can aim high and push through what was once a glass ceiling and we can do so without having to wear power 'Alpha Male' trouser suits in order to succeed, respecting and valuing others whilst being compassionate. We can achieve amazing things whilst keeping our femininity, appreciating our uniqueness and embracing the differences that life offers.

To future Channing girls: you all have something to offer that is unique and individual. Whilst you may not be sure yet what you want to do later on, do listen to yourself, allow yourselves to develop and keep strong the notion of what you believe in. Channing will give you a wonderful start.'



*Dr. Helen Nightingale  
M.Sc, D.Clin, Psych.  
C.Psychol. A.F.B.PsS*

*Years at Channing:  
1959-1966*

Helen is now a Chartered Consultant Clinical Psychologist and HCPC State Registered Practitioner, based in the Isle of Man.

## *Helen's story*

"Sociability is a important life skill that does not come easily to everyone, but Channing school develops the full range of life social skills, from reading at assembly, to discussion and debating both in the classroom and elsewhere. It helps with sociability and that fearful experience, that most of us dread, of public speaking and making speeches, so often called upon in life. It has certainly helped in my career as a Clinical Psychologist, dealing with and helping people on a daily basis.

After leaving Channing, I studied Natural Sciences at Trinity and afterwards qualified as an Occupational Psychologist at the University of London. I received my Doctorate from Surrey University in 1998, going on to become Head of Clinical Services at Charing Cross University Hospital at the age of 35. I have been fortunate to work in Bermuda, Australia and the UK, now based in the Isle of Man. I am now also registered as an expert witness for medico-legal work and serve as a Director of Age Concern, as well as having a private clinic in Harley Street I have also consulted at the Priory Hospital for many years.

I would urge future Channing girls to try and join in as often as possible - try everything, even if it is not your first preference. Expanding your daily comfort zone is so good for you psychologically to do something new and different. Especially for those pupils who consider themselves shy or less confident, education at school gives you experiences that will undoubtedly increase your self-confidence in life in general, thereby reducing the likelihood of psychological problems and poorer mental health, as you are more prepared to deal with what ever life brings you. Channing understands the concept that education should give you resilience for life, preparing you for whatever you choose to do next.

I recall waiting for the 210 bus down the hill to Archway in the very deep thick London fogs in the early '60s (before the introduction of the Clean Air Act) - sometimes we would be sent home early as smog was coming in! I enjoyed some marvellous trips organised by the School, including visits to Covent Garden ballet and opera, the Proms at the Royal Albert Hall and my only visit to Wimbledon, sitting at Centre Court. Great memories.

Musical appreciation was as important in my school days as it is now, working together to stage productions, learning organisational and leadership skills. In Sports and Games, we developed team skills and enjoyed individual achievements such as mine in swimming - I went on to represent my university.

My advice to future Channing pupils is simple: whatever happens, make the most of your education and remember that the full and wide range of education offered at Channing is not just about academic achievement - it is about preparing you to have skills to face a worthwhile life as an adult."

"Channing really gives its students great options and choices, to develop oneself in so many ways - musically, dramatically, artistically and creatively. I made wonderful, diverse friends at Channing and developed into an 'all-rounder', who had informed ideas about most things!"





***“A vibrant, local school  
in a very attractive  
setting, with high  
academic standards,  
up-to-date facilities and  
happy, motivated girls”***

- The Good Schools Guide

[www.channing.co.uk](http://www.channing.co.uk)

Headmistress:  
Mrs B M Elliott MA (CANTAB)

The Bank  
Highgate  
London  
N6 5HF

T: 020 8340 2328  
E: [admissions@channing.co.uk](mailto:admissions@channing.co.uk)



ChanningSchool



@ChanningSchool

