

High Flyer

– NEWS FROM –

**PREP TO
6TH FORM**

ALUMNAE INTERVIEW

We sit down with
Suzy Glaskie of
Peppermint Wellness

A JOURNEY TO HAPPINESS

Prioritising the all-round
development of our pupils

SUSTAINABLE FUTURES

Reducing our environmental impact



Manchester
High School
for Girls

IN THIS EDITION OF

High Flyer

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Welcome

The start of the academic year is always an exciting time; full of promise and potential. This year, in particular, there is a feeling of optimism around school as we look forward to coming together as a community. It is wonderful to hear the buzz of excited students in all of our corridors!

In this edition of *High Flyer*, we reflect on the challenges we faced last term and the determination of our community to provide the opportunities that ensured our students could continue to flourish. We also delve into the history of the School with our archivists, say 'goodbye' to some amazing staff and celebrate the achievements of members of our community.

We are particularly thrilled to unveil our new school strategy that demonstrates our enduring commitment to providing the very best education for our students. This edition of *High Flyer* perfectly illustrates how our new values of Compassion, Individuality, Innovation, Learning and Wellbeing are already being put into practice at Manchester High School for Girls.

As our community continues to fly high (quite literally for one sixth former!), I feel incredibly privileged to be in a position to continue to support our pupils in becoming happy and fulfilled adults and I hope that this *High Flyer* shows you how their journeys are progressing.

Mrs Helen F Jeys
Head Mistress

WE ARE PARTICULARLY THRILLED
TO UNVEIL OUR NEW SCHOOL STRATEGY
THAT DEMONSTRATES OUR ENDURING
COMMITMENT TO PROVIDING
THE VERY BEST EDUCATION
FOR OUR STUDENTS

Our Educational Purpose

Manchester High School for Girls was founded in 1874 "To impart to the girls the very best education which can be given and to fit them for any future which may be before them".

Today, the School upholds these founding principles by encouraging each individual pupil to achieve educational excellence across a broad range of learning opportunities, both inside and outside the classroom. For each pupil, this all-round education fosters an awareness of their own value and a sense of responsibility towards others, both within our community and across the wider world.



Our Aims

Manchester High School for Girls aims to educate and empower our pupils by:

- Supporting our pupils to develop an understanding of the value of education as an end in itself; instilling a lifelong love of learning, whilst striving for academic excellence alongside cultural awareness and understanding
- Inspiring pupils to achieve high academic standards within a culture of innovation, where they fulfil their individual potential
- Providing a broad and diverse range of subjects and extra-curricular activities that offer each individual pupil the opportunity to develop their talents and flourish
- Educating the whole child and prioritising their wellbeing so that pupils leave School with a sense of self-awareness, self-worth, self-discipline and an ability to contribute with confidence in an increasingly competitive and technological world
- Drawing on the School's social, cultural and religious mix of pupils to enable all to live and grow in an atmosphere of mutual respect and compassion
- Encouraging qualities of caring, kindness, honesty and loyalty, fostering high moral standards

Our Vision

Our vision is excellence: to deliver a pioneering, innovative and dynamic learning experience within a compassionate and caring environment for a needs blind, diverse community where the wellbeing and happiness of every individual and the fulfilment of their potential are our priority. As the School of choice for girls in the North-West, our pupils - like those who have attended the School before them - will go on to be global citizens and courageous motivators of change.

Strategic Objectives 2021 – 2024



1. To deliver a pioneering, innovative and dynamic learning experience by:

- 1.1 Embedding an aspirational and innovative research-based approach to teaching and learning
- 1.2 Responding to technological advancements so that pupils receive a dynamic learning experience and are prepared for their future world
- 1.3 Reviewing our curriculum to ensure that the learning experience is balanced and pioneering
- 1.4 Ensuring that each pupil makes excellent progress and achieves their academic potential
- 1.5 Providing academic societies and competitions that encourage scholarship and learning as an end in itself

2. To support a pioneering approach to the wellbeing and happiness of every individual student by:

- 2.1 Adopting a proactive approach to pastoral and mental health support
- 2.2 Delivering a meaningful Well Being journey which focuses on the building of character
- 2.3 Providing outstanding, varied and evolving extra-curricular opportunities
- 2.4 Offering opportunities for all students to have fun and to enjoy school
- 2.5 Celebrating and valuing contributions all students make to their community
- 2.6 Providing opportunities to ensure that students are aware of their environment, societal issues and the role they play in having a positive impact on the community, both locally, nationally and globally
- 2.7 Preparing students for their future through outstanding careers, university and alumnae support

3. To be a School that embraces its pioneering history and pioneering future by:

- 3.1 Aiming to become a carbon neutral school
- 3.2 Celebrating MHSG's history and its unique status in women's history
- 3.3 Developing financial, estates and technology strategies that ensure outstanding and sustainable facilities and resources that appeal to current and future students
- 3.4 Ensuring a comprehensive fundraising strategy to increase our current Bursary provision
- 3.5 Developing meaningful and supportive partnerships with state school partners and businesses which enhance the experiences of students and staff within and outside of MHSG
- 3.6 Pursuing an international MHSG strand





DR HOBAN (LEFT) AND DR POUCHER (RIGHT)

LIVING LEGENDS HANG UP THEIR LAB COATS

At the end of last term we said a fond farewell to two 'living legends' who, between them, have worked at Manchester High School for Girls for more than 60 years!

Dr Tina Poucher and Dr Rose Hoban hung up their lab coats and retired from the Science Department at the end of the last academic year, having worked at the School for their entire teaching careers.

Head Mistress, Mrs Jeys, described them as "incredible members of staff." She continued, "They are both real role models as teachers and have been committed to their subject, and to our pupils, for over three decades. They are, quite literally, legends."

Teaching was not something that either of them had considered as a career and in fact both worked in the field of research prior to becoming a teacher. Dr Poucher recalls how she fell into teaching when she was asked to teach biology to medical students at Leeds University.

She said, "At the time, I wanted to earn a little extra money on top of my research job, so I agreed to do some teaching to undergraduate students and I loved it! It completely changed the course of my career and I was soon at Manchester University doing a PGCE in biology. Manchester High was my very first teaching job and I never left!"

For her, it is the girls that have made her 35 years at MHSG so special and she hopes that, over the years, "the girls know that I believed in them and wanted them to do their very best."

Having completed a PhD and two post-doctorates, Dr Hoban, was researching molecular biology in the field of cancer, before she made the switch to a more secure job that fitted in with her young family. She joined MHSG as a newly qualified chemistry teacher and remained at the School for the next 27 years!

I HOPE THAT I HAVE MADE LEARNING CHEMISTRY INTERESTING AND FUN AND HELPED STUDENTS BELIEVE THAT THEY COULD ACHIEVE GREAT THINGS

She said, "Working at Manchester High has been so rewarding. I have had the pleasure of working with the most supportive staff and lovely pupils who are always full of enthusiasm and respect. I hope that I have made learning chemistry interesting and fun and helped students believe that they could achieve great things if they put their mind to it. But isn't that everyone at MHSG?!"

Dr Hoban is now looking forward to spending time with her 11 week old granddaughter and having more time to indulge in her passion for running!

Similarly, Dr Poucher is thrilled that her 17 month old grandson and his family are moving back up north. Indeed in her retirement letter to Mrs Jeys she said, "It is time for Dr Poucher to hang up her lab coat and Granny Tina to evolve!"

Prep also celebrated the retirement of two members of staff at the end of the summer term. After nine years at the School, EYFS teacher, Mrs Karen Adam, put away her pencil to spend more time with her family, and teacher, Mrs Christine Callanan, also bid farewell to pupils and colleagues after 13 years. We would also like to take this opportunity to mention Mrs Sue Diamond, who retired at the end of last summer after a stunning 43 years at the School!

We wish all our retirees a long and happy retirement and thank them for all their hard work and dedication over the years.



MRS CALLANAN, MRS MORTIMER AND MRS ADAM

A Further Farewell

At the end of last term, we also bade farewell to Mrs Helen Mortimer, who was the Head of Preparatory Department for four years. She has contributed a huge amount to the Department and to the whole school as a member of the Senior Leadership Team - we wish her every happiness for the future.

Welcome

In her place, we are delighted to welcome Mrs Samantha Gibbons as the new Head of the Preparatory Department. Mrs Gibbons joins us from Lady Barn House School, where she was Deputy Head (Curriculum) for five of her sixteen years at the School. She is also an Inspector of Schools for the Independent Schools Inspectorate and brings a wealth of knowledge to the role. We wish her well as she settles into her new role.



MRS GIBBONS

"Her ethos and values very much align with those so important to life at MHSG. Indeed, Mrs Gibbons wants for every child at MHSG Preparatory Department to develop their innate potential and she is keen to ensure that the happiness and wellbeing of every child, the fulfilling of their academic potential as well as the importance of fun and laughter, are at the centre of life at our wonderful school."

Mrs Helen Jeys *Head Mistress*



Back in August, students celebrated some fantastic results in their A-levels and GCSEs.

Whilst there was much speculation in the press with regards to the way that grades were allocated, Mrs Jeys was keen to point out that, "Whilst this year's A-levels and GCSEs were once again awarded in a different manner, this must not detract from the work that our students have put into their studies over the course of the last two years; their grades are the well-deserved consequence of their fantastic work ethic and positive approach to study."

For many, the last couple of years have been a challenge but students in Years 11 and 13 showed real tenacity and resilience in their approach to their studies.



FINN, LOLU, MRS JEYS - HEAD MITSTRESS, YOONSUN AND NADIA



PHOEBE AND PARENTS

Whilst our Year 11 students are now embarking on their A-level studies having received some brilliant results, our Class of 2021 have moved on to a broad range of destinations, including Cambridge, Manchester and Durham Universities as well as King's College London, the Royal College of Music and UCL. They are reading a huge array of courses including Medicine, Maths, Aerospace Engineering and Law as well as taking their studies to a higher level in Music, Geography, Languages and Classics. Indeed, as Director of Sixth Form Studies, Mrs Sarah Norton points out, "There is no such thing as a 'typical' Manchester High girl and this year, again, we see our students pursuing their goals in a hugely diverse range of fields."

Head Girl, Yoonsun, was one of several students who decided to take up a place at King's College London, where she will be reading Medicine. Yoonsun joined MHSG in Year 8 and, talking about her life at school, she said, "I loved being at Manchester High because of the work ethic here. School made it feel like it was "cool" to study. I was so proud to be Head Girl and to be able to work with a fantastic team that were able to support and speak out for younger students." Yoonsun was awarded four A*s in Biology, Chemistry, Maths and Further Maths and an A* in the EPQ.

In addition, Gwendolen is now studying Computer Science at Cambridge University having been awarded three A*s in German, Further Maths and Physics. After 14 years at Grangethorpe Road, she said, "I am so grateful that Manchester High gave me the opportunity to try new subjects and activities. If I hadn't been encouraged to try coding, I would never have discovered my passion for computers."

OUR CLASS OF 2021 WILL UNDOUBTEDLY MAKE A POSITIVE IMPACT AND BE REAL AGENTS OF CHANGE

Extra-curricular opportunities have certainly inspired many students from the Class of 2021. In fact, back in Year 7, Phoebe chose Manchester High for its climbing wall! Some of her happiest memories of school were subsequently made at Climbing Club and during her Duke of Edinburgh expeditions. She leaves MHSG with her Gold Award and three A* grades and is continuing her adventure at Durham University where she will be studying History and Politics.

For Christina and Natasha, Music was their first passion during their time at school. Christina is now completing an accelerated course in Music at the Royal Northern College of Music whilst Natasha is taking up a scholarship in vocal studies at the Royal College of Music in London.

Mrs Jeys concluded, "It was fantastic to see so many students achieving the results they needed to continue their journeys. Like other members of our wonderful alumnae before them, our Class of 2021 will undoubtedly make a positive impact and be real agents of change. I wish every one of them happiness and success as they leave us for the next stage of their exciting, educational journeys."



MUSIC STUDENTS - CHRISTINA AND NATASHA

Bee-ing

INSPIRED BY

ENGINEERING

As part of our Future and Careers programme, students at Manchester High School for Girls are given the opportunity to learn about a diverse range of industries and vocations.

More and more of our students are discovering the opportunities that STEM subjects provide and each year the number applying to take part in the Industrial Cadets Gold Project at MHSG is increasing.

For several years, students in our sixth form have applied to be part of a small team that enters a scheme, run by the EDT (Engineering Development Trust), that connects young people with industry. The team is partnered with an

engineering company, which works with them on a specific project, providing them with invaluable experience and industry contacts.

In 2019, sixth formers Chloe, Beatrice, Shahd, Julia, Jasmine and Judy were chosen to represent MHSG and they worked with their partner engineering company, SUEZ Recycling and Recovery. Together they went to the University of Liverpool for an induction day where they learned key professional skills including communications and project management.

2019 TEAM



2020 TEAM



Over the course of the scheme, the girls visited one of the SUEZ recycling plants at Teesside where they were able to further research the company's requirements and start planning their engineering work at a pre-COVID University of Liverpool residential. Here the team carried out a range of experiments to investigate how to monitor bees entering and leaving a hive in an attempt to draw a correlation between potential pollution and bee activity throughout the year.

AN OUTSTANDING AND HIGHLY PROFESSIONAL PROJECT

Sixth former Beatrice was grateful for the experience which, "gave us the opportunity to work on a real problem with full-time engineers and to appreciate the challenges of working in a team to tight deadlines."

This year, Rumaisa, Sanjana, Ellouise, Asiya, Lilia and Aimee worked remotely with three Siemens engineers to create a solution to the issues caused by the large bird population at their Siemens Manchester site. They were tasked with producing a design specification for a deterrent that could be deployed but which caused the birds no harm.

STUDENTS ARE SO ENTHUSIASTIC ABOUT STEM AND GET SO MUCH OUT OF THE SCHEME. WE HOPE TO SEE MORE OF THEM ENTERING THE FIELD OF ENGINEERING OVER THE COMING YEARS

Sadly, due to COVID, there was no residential workshop this year and the students were unable to build a working model. Instead, they attended a series of remote webinars and a virtual tour of the Siemens site followed by a Q&A session with a group of engineers. Under the guidance of their mentors, the six students then created a product specification and design accompanied by a written report of their findings which they presented to a panel of engineer judges.

The feedback was impressive with judges referring to it as "An outstanding and highly professional project."

Head of Physics, Mr McDaid, said "Students are so enthusiastic about STEM and get so much out of the scheme. We hope to see more of them entering the field of engineering over the coming years." He continued, "Next year's budding engineers have much to live up to, but we are sure they are more than up for the challenge!"



VISIT TO SUEZ TEESSIDE



ALUMNAE INTERVIEW

Suzy Glaskie

CLASS OF '89

As we begin a new academic year with a new set of values, we took the opportunity to focus on one specific value – wellbeing – with alumna Suzy Glaskie, Founder of Peppermint Wellness. We found out all about her wellbeing journey since her days at MHSG.

What was your experience of MHSG and how do you feel it has helped shape the person you are today?

I had such a positive experience throughout my time at the School. It really instilled a sense of confidence in me and encouraged me to reach high for my goals. I'm also forever grateful that I was taught to write and punctuate correctly – it stood me in very good stead throughout my career in PR and I've since passed on those skills to many employees. I certainly owe a lot to my English teachers!

Tell us about the journey that led to creating Peppermint Wellness.

I guess it was a long time coming. I'd always harboured a love of holistic health, but ended up following a different career path straight from university. I landed a job in PR, working for a pan-European agency, using my degree in French and Spanish. Ironically, it involved working for the food industry – so I got an insider's view of the manipulation that goes on to persuade us to buy things which are disastrous for our health. When I hit 40, I felt I had really reached the end of my career in PR and my heart was no longer in it.

I TRAINED AS A HEALTH COACH AND FOUNDED MY OWN PRACTICE, PEPPERMINT WELLNESS, AND I'VE NEVER LOOKED BACK!

I was running a very busy, successful agency and was finding it relentlessly stressful. At the same time there was a growing inner pull for me to change path. When my dad passed away, I got very stuck in grief and was helped by someone who did EFT (Emotional Freedom Technique) with me. I was blown away by how transformative EFT was and knew straight away that I wanted to be able to use it to help others in the way I'd been helped. So Dad's passing was the catalyst for me to finally pivot and start afresh by training in EFT. From there, I trained as a health coach and founded my own practice, Peppermint Wellness, and I've never looked back!

How has your new path impacted you and your family?

It's had a massive impact on the whole family. I'm now so much more informed about health and that knowledge has rippled out to everyone else in the family. The fact that I am now much calmer and more grounded has benefited the rest of the family hugely. Looking after my own wellbeing has given me so many more emotional resources than I would have had otherwise – so I've been far better equipped to deal calmly and patiently with whatever challenges have cropped up in the family.



What does wellbeing mean to you and why is it so important we embrace supporting our own, and each other's, wellbeing?

Our wellbeing is just so central to every aspect of our existence. We simply can't achieve what we want to without our emotional, physical and mental health. It's the foundation of any vibrant, fulfilled life.

A new report has shown that a third of British people in their late 40s are already suffering from chronic ill health. So unless we take active steps to optimise our wellbeing, we're overwhelmingly likely to be dragged down by the environment that we live in, which puts us on a conveyor belt to poor mental health and chronic disease.



IT'S A WONDERFUL WAY TO LET THE STRESSES OF THE DAY GO AND TO FINISH THE DAY WITH POSITIVE THOUGHTS, RATHER THAN RUMINATING ON WHATEVER HAS UPSET, ANGERED OR FRUSTRATED YOU

Sadly, our culture is one in which people only really start to worry about their health when they have lost it. In what other sphere of life would we wait to lose something so precious before we think about safeguarding it?

80 – 90% of the chronic conditions we see today are caused by poor lifestyle. Changing our lifestyle is incredibly challenging because we're creatures of habit. That's why I provide support to my clients to make small, gradual, sustainable changes that add up to a huge transformation in their health: whether that be reversing Type 2 diabetes, resolving digestive issues or reducing anxiety.

Our culture celebrates being overstretched but we're simply not designed to be "on" all the time. Unless we learn to give ourselves the rest human beings need to thrive, it doesn't matter what impressive degree or awards we've collected – we're likely to burn out.

So many people I see are a hair's breath away from chronic disease or a mental health crisis because no one has taught them how to look after their health. Many women, in particular, are prone to driving themselves into the ground – trying to maintain a professional veneer and "doing it all" while inwardly imploding. I know how that feels from first-hand experience and am now privileged to share what I've learned with others.

I hold corporate wellness workshops at companies across the UK and see professionals at every level – from accountants and lawyers to physiotherapists and doctors – who are struggling to get through the day and are using caffeine and sugar as crutches. It's remarkable to see the changes in their productivity, mood, mental focus and energy levels once they're empowered to care for their own wellbeing through simple lifestyle changes.

I'm also seeing more and more high-achieving teenagers who are drastically sleep deprived and suffering from intense anxiety and often disordered eating as they try to have it all: outstanding grades, unattainable beauty, standing on social media etc. I believe we owe it to the next generation to arm them with the tools to prioritise their own self-care.

What key tips would you like to share to help the MHS community to be more mindful?

One of my favourite practices is keeping a gratitude journal, which just takes three minutes to write in at the end of the day. It's a wonderful way to let the stresses of the day go and to finish the day with positive thoughts, rather than ruminating on whatever has upset, angered or frustrated you.

I've seen how powerful this is for children through The Big Birthday Appeal charity, which I co-founded twenty years ago. We recently launched a gratitude journal for kids and trialled it at two primary schools. The results were astonishing: the children's self-esteem grew, they learned to regulate their own feelings and their focus in class improved – as did their English skills. They found it incredibly helpful to be able to read about past positive experiences if they'd had a difficult day at school.

Finally, what piece of advice would you give our MHS pupils today as a member of the Class of 89?

Be flexible, curious and follow your intuition. We only have one precious life – make sure you live yours to the full.

If you want to find out more, then join us for an immersive and practical workshop with Suzy where you will learn how to optimise your physical, emotional and mental wellbeing on Monday 1st November 2021 at Grangethorpe Road. This is a free event for all which will also be streamed for those members of our community who are unable to make it 'Back to School'.

INSIGHT INTO...

The Future

As the employment landscape is constantly changing, our 'Insight Into...' virtual careers talks provide an opportunity for girls in Year 9 through to 13, and their parents, to hear from members of our fabulous MHS alumnae about their chosen career path, how they got to where they are and the many twists and turns they have faced along the way.

With a focus on key skills and resilience, this series of virtual talks will help current students prepare for a world beyond Man High.

Insight into...2021/22 Calendar

Insight into Languages
Tuesday 12th October 2021

Insight into Research, Science and Discovery
Wednesday 3rd November 2021

Insight into Digital and Tech Careers
Thursday 2nd December 2021

Insight into Finance, Investment and Beyond
Monday 31st January 2022

Insight into Dentistry
Thursday 24th February 2022

If you are a student and would like to virtually attend any of these talks, you can book your place now at

www.manchesterhigh.co.uk/futuresandcareers

If you are a member of our alumnae community and would like to support our Futures programme, either via our 'Insight into...' talks, or our mentoring scheme 'Project Pankhurst', please contact development@mhsg.manchester.sch.uk.

Your help and advice is invaluable to our current students and helps us deliver the best possible careers programme.



Head Girl Team

2021-22

We are delighted to introduce our Head Girl Team for the next academic year led by Head Girl, TiAnna. She is supported by Annika, Hawa, Thaejus, India and Abi. In a virtual assembly back in the Spring, the team announced their plans for the forthcoming year, introducing 'community' as their main focus.

TiAnna said, "This year we hope to rebuild the Man High community that was impacted during the pandemic. We aim to reconnect the girls within their years, and across the whole school, while learning about each other and celebrating the School's diversity. We want to allow the girls to develop their identities as we inspire and encourage them over the next year."

The Team hope to rekindle the Man High 'spirit' through a series of assemblies, events, activities and extra-curricular clubs so students can "experience that sense of community throughout the whole school that has always been such a special aspect to the School's ethos."

There is certainly a feeling of excitement amongst the Team and an eagerness to instigate their plans! For all of them, it is an honour to have been selected to represent their community. As Thaejus eloquently puts it, "I feel very privileged to be able to represent MHSG as a member of the Head Girl Team. I hope I am able to uphold the values that this school represents, such as teamwork, resilience and respect."

THEY NOW HOPE TO MAKE THEIR OWN MARK BY "REPRESENTING THE IDEAS OF THE PUPILS AND HELPING BRING ABOUT CHANGE THAT CAN BENEFIT THE WHOLE SCHOOL"

There are other advantages to being on the team and for Abi, it is the Head Girl badges that have caused the greatest excitement as they "are super stylish and really go with any outfit!" But it is not just the badges that appeal! The team are in agreement that over the years, they have been inspired by previous Head Girls and the impact they have had on the School. For India, "becoming a member of the team was almost a bit of a pipe dream - I saw the Head Girls in the corridor and on the stage but it never really registered that one day I would possibly be in their shoes."

They now hope to make their own mark by, as Hawa says, "representing the ideas of the pupils and helping bring about change that can benefit the whole school." Indeed, for Annika, their role is "vital to the school community as the bridge between students and teachers."

As Abi argues, "it is actions rather than words" that are going to be most important in the coming year and we look forward to seeing exactly what they achieve!





A Sustainable Future

As part of our commitment to sustainability, Manchester High has been working to reduce our environmental impact by sending our waste to be segregated and processed at a bespoke facility.

The company we use operate robust waste acceptance checks and carry out manual and mechanical segregation processes to divert outgoing material from landfill to one of their approved and vetted partners for recycling, recovery or reuse. Biodegradable waste is made into compost, plastic recycled into bottles and paper and cardboard returned to the recycling stream.



PREP ECO COUNCIL
UNVEILING THEIR
ECO CODE

The Catering team have adopted the same focus, ensuring that 100% of their cardboard and waste are recycled and all waste oil is turned into bio-fuel. General Manager, Peter Norton, is proud of how far they have come. "Since 2018, we have made sure that any pots and packaging are recyclable. We use bamboo stirrers for hot drinks, have replaced plastic straws with bamboo and all our green cutlery is made from corn starch, which is of course, recyclable."

This enthusiasm for all things green has also filtered into the Prep Department! Back in May they launched their Eco Code, demonstrating their commitment to becoming more environmentally friendly.

Members of the Prep Eco Council were joined by Head Mistress, Mrs Jeys and then Head of Prep, Mrs Mortimer, as they unveiled a new sign which spells out an acrostic pledge from the words WE CARE.

- W** Water. Get it from a tap
- E** Electricity. Switch off lights
- C** Cut waste. Don't drop litter
- A** Appreciate our wonderful world
- R** Reduce, Reuse, Recycle
- E** Eat healthy. Less packaging

The joint initiative brought children from the Infant and Junior Departments together to create a code of practice for Prep pupils that encourages them to think about ways to 'Save the World'.

Previous Reception teacher, Mrs Adam, who oversaw the project, believes it was just the beginning for the Council, "The girls are so enthusiastic about getting involved and talking to their peers about ways to help the environment. They are full of ideas about how we can become more sustainable and their next job is to discuss the ideas behind the Eco Code with their year groups."

The launch of the Eco Code came on the back of 'Less Waste Fortnight' in Prep which encouraged pupils and staff to swap single use packaging for more sustainable alternatives. Mrs Mortimer was immensely proud of how successful they were in reducing waste. "In the first week, we still collected a fair amount of waste – especially plastic – but by the end of the second week, we had more than halved our rubbish." She continued "If we can achieve results like that in two weeks, imagine what we could achieve over a whole year!"

The Eco Council echoed this sentiment, sharing a poster that stated, "Less packaging is not just for 'Less Waste Fortnight', it is for life!"

Head Mistress, Mrs Jeys, has been so impressed with the initiative which is also being mirrored in the Senior School. She said "The girls have been so focused and have a clear vision of the direction they would like to follow. It is fantastic that our younger and older students are suggesting ways to make a difference as a school, within the local community and ultimately the planet. Last term, we had paper-free day in the Senior School and we look forward to implementing similar initiatives over the coming year."

UPCOMING EVENTS

For Alumnae and Friends

If the global pandemic has taught us anything, it is our ability to connect with members of our community virtually and this is something that we will continue to do. We are therefore delighted to be able to offer a full calendar of events that will be face-to-face, virtual and, in some cases, a mixture of both. We cannot wait to 'see' you all in what promises to be an exciting year!

25
NOV

In Conversation with... Emma Barnett

Date: Thursday 25th November 2021

Time: 6:00pm to 7:30pm

Format: In Person and Virtual

Venue: Manchester High School for Girls

Address: Grangethorpe Road, M14 6HS

Price: Free

Known for her agenda-setting interviews and broadcasting firsts, MHSG Class of 2003 alumna, Emma Barnett, modernised Radio 4's Woman's Hour overnight, wrote her first book 'Period. It's About Bloody Time' whilst on maternity leave, and asks the questions to which audiences want the answers.

In this exciting meeting of minds, Mrs Jeys will turn the tables on broadcaster and journalist Emma, as they discuss everything from periods to politicians.

09
DEC

Festive Lunch

Date: Thursday 9th December 2021

Time: 12 noon to 3pm

Format: In Person

Venue: Manchester Hall

Address: 36 Bridge St, Manchester, M3 3BT

Price: £40 including a welcome drink, a three-course sharing menu and half a bottle of wine per person.

Fill up on festive cheer at Manchester Hall - a brand new venue for 2021. We will be celebrating the spirit of the season in the stunning Museum and Library rooms of this former Freemason's Hall in the City of Manchester.

25
JAN

Founders' Lecture with Jasmin Paris

Date: Tuesday 25th January 2022

Time: 6:30pm for 7:00pm start

Format: In Person and Virtual

Location: Manchester High School for Girls

Address: Grangethorpe Road, M14 6HS

Price: Free

Fell runner, vet and Class of 2002 alumna Jasmin Paris, will be returning to School to tell us how her Peak District childhood and Manchester High spirit helped her to become a headline hitting ultra-runner. Jasmin was the first woman to win the 268-mile Montane Spine Race, beating the previous course record by over 12 hours and the previous female record by more than 26!

We cannot wait to hear how she balances life as a vet, being a mum of two and a member of Team GB after the media frenzy that surrounded her record-breaking victory.

An Evening with the Archivists

Date: Thursday 10th March 2022

Time: 6:00pm to 7:30pm

Location: Virtual

Price: Free

Following the roaring success of 'An Evening with the Archivists' in May 2021, join us for the second instalment of this virtual series as Mrs Gwen Hobson and Mrs Pam Roberts delve deeper into the archives of our ground-breaking School. Hosted by Mrs Helen Jeys, the evening promises more incredible stories from Manchester High's past, from the steamboat ladies to the suffragists.

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Tickets for all events, including those that are free of charge, must be booked in advance by visiting: www.ticketsource.co.uk/MHSG

Alternatively, please contact the Development Team: development@mhsg.manchester.sch.uk or 0161 224 0447

High Flyers



Kiyah Takes Centre Stage

Year 8 student, Kiyah, thrilled judges with her breathtaking performance of Lady Macbeth in a national competition run by The English Speaking Union earlier in the summer.

The 13 year-old tackled one of the most iconic Shakespeare monologues from Act 5 Scene 1 of *Macbeth* to take second place in the national Performing Shakespeare competition!

Having won the regional final back in May, Kiyah was invited to participate in a workshop with professional Royal Shakespeare Company actor Bathsheba Piepe and former Royal Academy of Dramatic Arts student, Neil Hancock – an actor with the Shakespeare Birthplace Trust. She then performed her three minute monologue in a virtual grand final for a judging panel of distinguished actors and Shakespeare aficionados.

HER CONFIDENCE AND CLARITY IN HER STANDOUT RENDITION OF LADY MACBETH WON OVER JUDGES

Kiyah was one of the youngest in the competition that saw students in Years 7-9 entering from across the UK. Her confidence and clarity in her standout rendition of Lady Macbeth won over the judges who included actor Ed Bennet; Chair of Shakespeare Birthplace Trust and former CEO of Shakespeare's Globe Peter Kyle; and Deputy Speaker of the House of Lords, Genista, Baroness McIntosh of Hudnall.

The Scottish play was definitely more of a blessing than a curse for Kiyah and we are excited to see where her performance skills will take her in the future!



High Flying Hannah

16 year old student, Hannah, has become one of the youngest females in the UK to fly solo in a plane less than 12 months after her first flying lesson.

The sixth former first took to the skies in July 2020 following the easing of the first lockdown and since then her feet have barely touched the ground. In fact, on just her second lesson, she flew with her brother and instructor from Liverpool to Le Touquet in France and stopped off for lunch! Since then she has clocked up 30 hours in the air and, in June this year, took the biggest leap of faith with her first solo circuit.

It was during one of her bi-weekly lessons that Hannah's instructor suggested she should do her first solo flight following an assured circuit around the aerodrome. Hannah said, "I wasn't nervous as I was already in the zone and I had confidence in myself. It was exhilarating and since then, I have seized every opportunity to go solo!"

Hannah is now working towards her Private Pilot's Licence which she hopes to take on her 17th birthday before flying around Europe with instructor, and friend, Sarah Bond.

For Hannah though, the sky is definitely not the limit. In December, she hopes to return to Guatemala to work in an orphanage where she taught English and Music two years ago, and she ultimately hopes to land in America after her A-levels to study Politics at University.

ON JUST HER SECOND LESSON SHE FLEW WITH HER BROTHER AND INSTRUCTOR FROM LIVERPOOL TO LE TOUQUET IN FRANCE AND STOPPED OFF FOR LUNCH!

Prep Pupils Ace their Way to the Top

Year 5 pupils, Millie and Naimah, 'aced' their way to the top of their game this summer, winning numerous tennis matches across the North West!

The pair were chosen to represent Cheshire LTA in the 10U Junior County Tennis Cup in May, having helped The Northern Tennis Club to secure victory in Division 1 of the Lancashire League. With their help, Cheshire achieved third place in the Championships which was held at Lytham St Annes' Tennis Club.

Millie continued with her winning streak to win titles in Knutsford and Bramhall on the LTA North Tour U10 Girls and she recently became North of England Clay Court Champion in the U10 category.

Indulging her passion for tennis, Naimah has just spent the summer playing tennis in the Bahamas, having come 2nd with Cheshire in the 11U Girls County Cup held in Newcastle.

Some 'smashing' results from two rising tennis stars!



Meet the GOVERNORS

The theme of this year's Celebration & Awards evening is community. Our governing body play an integral role in the strategic oversight of our school and its community, so we will be featuring a few of our governors in this and future editions of *High Flyer* to get a flavour of the women and men who support in the effective running of Manchester High School for Girls.



Prof. Carol Baxter
CBE, PHD

I grew up in a small town in Jamaica where I learned the huge importance of education and its potential for changing an individual's life.

I came to the UK after finishing school and have since had a long and varied career in the NHS, the not-for-profit and the academic sectors where I was a practising nurse and midwife, a teaching and research professor, a senior manager and various non-executive directorships. I am now retired from full time work and currently provide independent consultancy to support organisations to become more inclusive.

I am particularly drawn to MHSG's stated commitment to: a holistic approach to a first class education; the empowerment of girls; widening access to all who will benefit; its global outlook and desire to pursue an international strand.

Promoting diversity and inclusion have been important commitments throughout my life, and as the mother of a former MHSG pupil in the 1980's and the grandmother of a current pupil, I believe these unique perspectives will be useful in my role as a critical friend to this incredible school in continuing its long and impressive journey.



Dr Amar Ahmed
MBBS (LOND) DCH DRCOG MRCP

I was born and raised close to Manchester High School and my youngest sister attended the school for over a decade. I trained in London with my wife and we returned to Cheshire to become GPs. When it was time to choose a school for my three daughters, MHSG was the obvious choice. I've been a governor now for eight years and have witnessed first-hand the dedication and commitment of genuinely caring teaching staff who continue to ensure academic excellence in a nurturing, holistic environment.

It's been an honour to be a governor at Manchester High as it continues to serve as an engine of social mobility and community cohesion, uniting girls of every background from across Greater Manchester and Cheshire.



Laura Earnshaw

I'm Laura, Mum to two, the CEO and Founder of myHappyMind and a governor at Manchester High.

My business is focused on supporting schools, nurseries and homes to build resilience, self-esteem and happiness in children through our NHS backed programs. Before I started myHappyMind, I had a career as a Global HR Director for FTSE 100 companies.

Manchester High is a special place and its passion for supporting girls to fulfil their potential is as alive now as it was when I was a student. The focus on lifelong learning, developing compassion and wellbeing are central to helping girls to become individuals who thrive and ultimately reach their potential.

Each time I step into the School, memories flood back from my time there and it fuels my passion to support the School as it continues to excel and innovate. I absolutely love serving as a governor. It's wonderful to be able to give back to a school that gave me so much and had such a profound impact on my life.



Andrew Bland

As an Alumni of The Manchester Grammar School, I have always been supportive of private schools and the opportunities that such an education provides. I was delighted some four years ago to have been asked to join the governing body by the then Chair, Liz Spence. At the time, I had a daughter in Prep and one in Senior school.

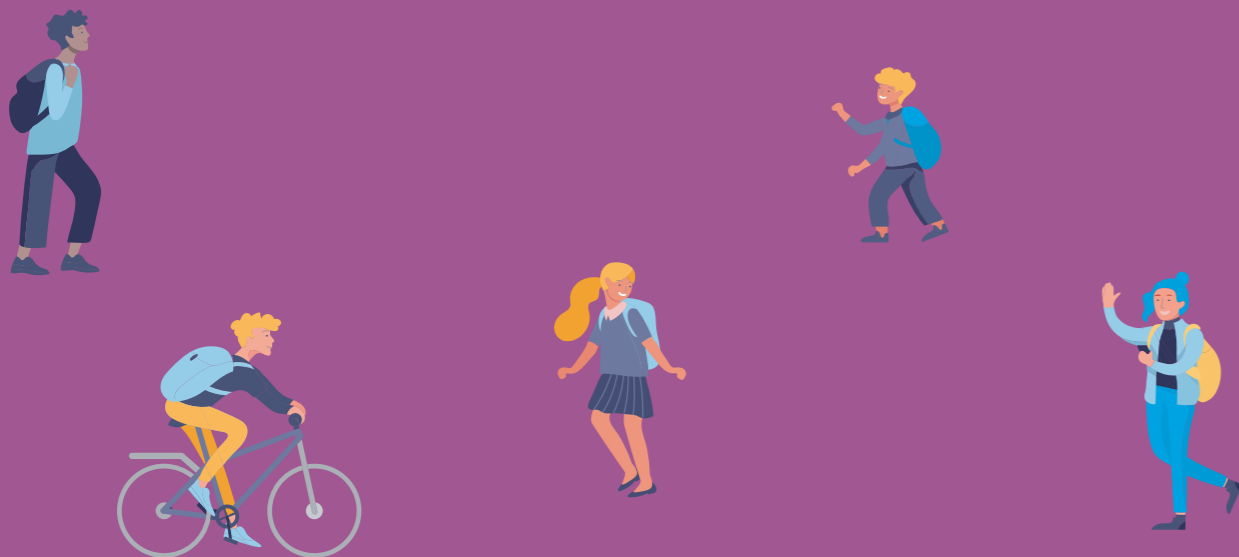
As a Chartered Accountant, I was naturally appointed to the Finance and Estates committees where I learned about the workings of the School and I very quickly appreciated that the role of Head Mistress is more akin to a Chief Executive Officer than a school teacher.

Following the retirement of Liz, I accepted the role of Deputy Chair and my involvement in the School increased substantially during the pandemic when we established a small committee to keep an eye on the finances of the school. We meet on a regular basis to help the Senior Leadership Team and to ensure the School is in a sound financial position through the pandemic and beyond.

I feel my role as a governor has helped steer the School through two very challenging years that nobody could have anticipated. I thoroughly enjoy my role and look forward to guiding the School out of the Covid era and embracing the challenges this will undoubtedly bring.



Wellbeing is an integral part of life at MHSG – we believe that a happy student is far more likely to achieve academic success. Wellbeing is now a central focus for the School as both a key value and as part of our Strategic Objectives.



MHSG's 'Wellbeing' Value:

We believe in prioritising the all-round development of our pupils and encourage the pursuit of enjoyment, fun and mindfulness; recognising that happiness is fundamental to success.

We support a pioneering approach to the wellbeing and happiness of every individual student by:

- Adopting a proactive approach to pastoral and mental health support
- Celebrating and valuing contributions all students make to their community
- Delivering a meaningful Well Being journey which focuses on the building of character
- Providing opportunities to ensure that students are aware of their environment, societal issues and the role they play in having a positive impact on the community, both locally, nationally and globally
- Providing outstanding, varied and evolving extra-curricular opportunities
- Preparing students for their future through outstanding careers, university and alumnae support.
- Offering opportunities for all students to have fun and to enjoy school



For Head Mistress, Mrs Jeys, the idea that a happy pupil is far more likely to succeed, is a concept that underpins her educational philosophy which is based on Aristotelian ethics. Ever since reading about Anthony Seldon's introduction of 'Eudaimonia lessons' (loosely defined as 'happiness') at his school in 2006, she has been intrigued by the notion that we can 'teach' happiness. But, is it possible to teach our students to be happy?

Mrs Jeys believes it is certainly possible to help them on their way, "I am not sure that we can teach the students in our school to actually be happy" she said. "After all, life is complicated and we have limited control over all aspects of a student's life. However, I do feel that schools can help provide students with the tools they need, potentially, to be 'happy' or to 'flourish' as individuals."

For her, pupil wellbeing is central to happiness in school and "is even more relevant now in the light of the COVID pandemic and the exceptional impact it continues to have on our young people. Certainly, prioritising student wellbeing and happiness – for me – has become the bedrock of my own educational philosophy and one that I continue to prioritise as we implement our new school values from September."

Whilst there is a renewed focus on wellbeing in school, it is something that has been a priority for many years. The wellbeing journey starts with the myHappyMind programme in Prep and continues through into the Senior School and Sixth Form with weekly Well Being sessions. Indeed, these 50 minute bespoke lessons for Years 7-13 were introduced more than five years ago, and are carefully structured to include one of three broad themes - 'Health and Wellbeing' which may include Zumba, Primal Movement or skateboarding; 'Living in the Wider World' which tackles issues such as sustainability or provides students with career advice; and 'Relationships and Sex Education'.

THROUGH THE ENCOURAGEMENT OF RESILIENCE, TENACITY AND CONFIDENCE, PUPILS DEVELOP THE SKILLS NEEDED SO THAT THEY CAN GO ON TO TACKLE THE DIFFICULT ISSUES

Essentially though the lessons are all about building character. Through the encouragement of resilience, tenacity and confidence, pupils develop the skills needed so that they can go on to tackle the difficult issues that they (as every student) will go on to face in life. There is also a focus on those strategies that aim to help students cope with stress and to adopt a balanced approach to life – mindfulness, yoga and the pursuit of activities that will provide a sense of fun and enjoyment – are all important to ensure that students are being prepared for their future, way beyond the school gates.



Linked to this, is the Aristotelian theory that fulfilment of potential is crucial for a sense of contentment. Mrs Jeys believes that “we must encourage our pupils to strive to be the best version of themselves.” For her, whilst academic success is hugely important, “our school aims to achieve more than academic success for our pupils. A fulfilling education is about being a rounded individual, one where the student understands the importance of community, social responsibility and collaboration and one where there is access to those wider opportunities that will enable the individual to flourish outside of the classroom. This may be through charity work or one of our many extra-curricular activities; be it sporting, debating or performing.”

PRAISING EFFORT, RATHER THAN ATTAINMENT, IS CRUCIAL TO ENABLING STUDENTS TO MOVE FORWARDS AFTER EXPERIENCING SETBACKS

Whilst we adopt a proactive approach to wellbeing, some initiatives have come about as a result of student needs. A conversation several years ago with a pupil who had experienced issues surrounding self-esteem resulted in the introduction of our ‘thought for the week’, a motivating message for students to see as they walk around school, from messages that mark anti-bullying week to those that encourage resilience.

Themed weeks were also implemented to support this idea from *Perseverance Week*, where students share their own recollections on the importance of perseverance and resilience in both academic and non-academic contexts, to *Blow Your Own Trumpet Week*, where pupils are encouraged to be proud of their efforts in school and outside of the school gates. Praising effort, rather than attainment, is crucial to enabling students to move forwards after experiencing setbacks.

Ultimately for Mrs Jeys, “Education can have no better aim than to enable the individual to flourish. An outstanding education is one that focuses on the individual; their academic success and their personal wellbeing and happiness. Aristotle’s “educating the mind without educating the heart is no education at all” continues to underpin my approach to education. We are not only educating minds and encouraging a passion for lifelong learning. This is the starting point for an education that aims to enable the individual to flourish, to be happy and to understand their role in society. In these difficult times, we are in such an incredibly privileged position in schools to continue to support our young people; students who will go on to be the leaders of the next generation. We owe it to them to give them as many of the tools we can so that they can go on to be happy and fulfilled adults.”



Our Library Recommends

As we continue to encourage all of our students to read, read and read (!), we recommend the following books for students of school age:



For our pupils from Reception to Year 2 we recommend:



RUBY'S WORRY
by Tom Percival

This is a really great book to share and is a good conversation-starter to get children talking about any worries or feelings they might have now, or in the future. The story is very perceptive and poignant with an optimistic but realistic solution. It is also beautifully illustrated with a modern look and characters that children can fully relate to.

For pupils in Years 3-6 we recommend:



A KIND OF SPARK
by Elle McNicoll (Blue Peter Book Award Winner, 2021)

This is an 'Own Voices' book as it is written by a neuro-divergent author with the book's main characters having autism. It helps to encourage empathy and an understanding of individuals with autism, exploring both their differences and similarities. This is an inspirational story that is well-written and has a fantastic plot to keep children reading.

For students in Years 7-11 we recommend:



THE BOY, THE MOLE, THE FOX AND THE HORSE
by Charlie Mackesy

This book encourages reflection and soothes the soul. It is thoughtfully illustrated with calligraphy for the text making it beautiful to look through, attractive to pick up at any time and asks to be revisited regularly! It will help everyone think about the valuable contribution they make to society, even when they may feel insignificant.

For our Sixth Formers we recommend:



THE MIDNIGHT LIBRARY
by Matt Haig

This book is full of inspirational quotes and encourages the reader to reflect on past decisions and focus on what possibility the future could hold. It has an overwhelming message of self-love and to make sure you hold tight of those who surround you.

Lifelong Learners

As an educational establishment, we aim to inspire our students and encourage them to become lifelong learners. Indeed, 'Learning' is one of our core values and staff at Manchester High aspire to promote the 'highest standards of intellectual curiosity' in our young people.

However, this goes far beyond teaching children in a classroom. Leading by example is a powerful tool and positive role models, who are themselves striving for academic rigour, will have an equally big impact on students' attitudes towards learning. As someone once said, "Children are great imitators, so give them something great to imitate".

We may be biased, but we think that the staff who work at Manchester High are 'great' role models and so many of them continue to expand their own learning and strive for continued academic rigour. This year, two members of staff have become 'published' authors – Mr Darren Jones wrote a book about coding whilst Mrs Carolyn Morell has written several articles for a psychology magazine.

The catalyst for both was, unsurprisingly, lockdown! Maths and Computing Teacher, Mr Jones, was inspired by the work he had been doing with sixth formers on coding, to write a brilliant hands-on introduction to computer programming and language.

For Mrs Morell, a lockdown maternity leave was the inspiration she needed to write some articles for a new psychology magazine, aptly named, *On the Couch*. The Psychology Teacher said "Having started my career as an English teacher, I've always been a frustrated writer and during my lockdown maternity leave, actually started to have a go!"

The publication loved her work and have since published her article on *Fake News and The Result of the 2020 Presidential Election* as well as another on our *Addiction to Social Media*.

It is wonderful to see staff, as well as pupils, achieving success and we look forward to hearing more of their good news stories.



Pass this note
on to your
Man High friends!

A continuing relationship with Manchester High School for Girls

General Data Protection Regulation (GDPR) laws introduced in 2018 mean that all charities, of which Manchester High School for Girls is one, need the clear consent of supporters and friends to send updates and information with regard to fundraising campaigns and general activities such as mailings and events.

If you are a member of our alumnae or wider School community and received this issue of *High Flyer*, be it by post or by email, it means that you have already provided us with your communication consent preferences, and we are thrilled you want to keep in touch with Man High.

Pass it on! We want to keep in touch

Manchester High School for Girls is nothing without its alumnae and the wider School community, and we would like to reconnect with as many Ivies as possible.

When GDPR came in to force in May 2018, we sadly lost contact with a number of alumnae and members of the wider School community who never provided us with their communication consent preferences.

In your time at MHSG, whether that was as an alumna, a member of staff, or part of the wider community, we know you will have made lifelong friends that you still catch up with and chat to, whether you left School five years ago or 50! If you think some of your Man High friends have not updated their details with us, then please pass this message onto them.

Your friends can update their communication preferences now, and at any time, by visiting: www.manchesterhigh.co.uk/keepintouch

PTA

Manchester High School for Girls has a very active and enthusiastic Parent Teacher Association (PTA). Members help to raise funds for the School through a number of different activities.

The PTA funds the “icing on the cake” items requested by different subject departments - everything from GoPro cameras for the PE Department to flow meters for Geography.

PTA ZOOM MEETING



CIRCUS SKILLS FUNDED BY THE PTA

The PTA also funds and part-funds larger items for the benefit of the whole School and recent items include:

- A MHSG branded hockey dugout for the astro-turf pitches
- A fabulous Play Stage and Cabin for the Prep playground
- A £3,000 contribution towards a new Steinway piano
- A Year 5 and Year 6 Book swap programme
- Special Effects make-up for the Drama Department

A percentage of all the funds we raise goes towards the MHSG Bursary Fund.

The Pre-loved Uniform Shop

Second-hand uniform is one of the main fundraising activities for the PTA and last term alone, we raised nearly £5000.

We are working hard on creating an online shop, where parents can buy pre-loved uniform and other merchandise, which will hopefully launch later this year. The shop relies on the kindness of parents to donate their unwanted uniform and every penny goes straight to the PTA and the Bursary Fund.

Fundraising

This year we have chosen to “smart-fundraise” via Amazon Smile and the EasyFundraising app, which donates up to 3% of any purchase to the PTA. Brands donating include M&S, John Lewis, and Booking.com plus hundreds more. Over 70 wonderful parents and teachers have signed up to this, at no cost to them, and have helped to effortlessly raise nearly £500 this way.

Events for 2021

From September, events will be back on the agenda. The PTA are planning a fabulous social programme, catering for all ages and tastes that will allow parents to meet and form friendships through their daughters. On Saturday 11th December, we can't wait to host a Festive Fair at School, the first for many years, which will include stalls, Santa, music and much more. Please do get in touch if you would like to join in or if you are able to donate money-can't-buy raffle prizes and experiences.

Regular social events in the past have included a Halloween disco, family quizzes and our ever-popular barn dance.

PTA Meetings

The PTA Committee meets every term, either in person or on Zoom, to plan the fundraising agenda for the forthcoming year. We are a really friendly and welcoming group of parents and teachers and are always looking for new members who have a strong desire to make a difference. Please do get in touch if you would like to join in – our next meeting is on **Wednesday 29th September at 7pm**.

Being a part of the PTA makes such a difference to School life, as it keeps you connected to the School community and helps you make friends with other parents, whilst raising much needed funds.

Before you know it, your daughter will have grown up and will be heading off to fulfil her dreams on life's journey, so if you ARE able to give a few hours of your precious time to volunteer and get involved while she is at MHSG, we would be so grateful! It really WILL make a difference to your time here at MHSG!

Thank you.

Sarah Ramsbottom *Chair of the Parent Teacher Association*
Sarahramsbottom@icloud.com

CREATIVE CORNER



Roisin Dash-O'Toole

A-level

In this edition of *High Flyer*, we wanted to showcase artwork by our talented A-level and GCSE art students. Our Prep Department is also featured with some artwork inspired by three different acclaimed artists.



Zaya Soulat



Aadya Prakash

Posy Darnborough



Anita Onoge



Emily Brockington



Sunny Lou

GCSE

Prep

Inspired by Georgia O'Keeffe



Inspired by Romero Britto



Futures



at Manchester High School for Girls

We are thrilled to have been shortlisted for the Independent School of the Year Award in the Student Careers Programme category.

At Manchester High School for Girls, our pupils have much to live up to with the many 'firsts' within our illustrious alumnae community. This list includes the first female chief cashier for the Bank of England, the first female to be called to the Bar, the first female helicopter pilot in the British Army, the first female to swim the English Channel and the first female bishop.

Our Careers and Development Departments work hard to continue to sustain this pioneering spirit by ensuring careers activities are a central part of the curriculum. From Year 7, pupils begin to look at careers as part of the Well Being programme; interviewing and reporting on relatives' jobs and through practical opportunities with the Inspirational Learning Group (of which we are an official partner). GCSE and Sixth Form students receive one-to-one advice on options and are guided through the UCAS application process. Dedicated staff help them find work experience, assist them with writing their CV and covering letter and provide valuable interview practice.

Our alumnae play a huge part in supporting current pupils through initiatives such as Project Pankhurst and our 'Insight into' talks as part of our Futures programme. Project Pankhurst specifically connects girls with a former pupil, from their field of interest, who will support and mentor them as they make decisions about their professional interests.

Alongside Project Pankhurst, we offer 'Insight into' talks for MHSg pupils from Year 9 upwards who listen to, and are inspired by, a range of alumnae talking about their careers. Talks have focused on a variety of career paths from engineering and fashion to veterinary science and the third sector. Alumnae share an array of information including their pathways to the present (which is never a straight road), key highlights about their role and things they wish they had known along the way. You can see the upcoming schedule of talks on page 15!

Not put off by the challenges of COVID-19 this year, we quickly switched our careers provision online and soon realised the benefits of offering virtual events. It opened talks to more people – including local schools and stakeholders – and engaged audiences from around the world. Perhaps one of the positive legacies of the pandemic will be the online presence of such events - we will continue to record and share them via our YouTube channel for people to view at their leisure, whilst offering in-person events for those able to access them. Go to www.youtube.com/ManchesterHigh1 to enjoy these at your leisure.

We firmly believe that the many opportunities provided by our careers programme will help the next generation of pupils break down barriers and follow in the pioneering spirit of the women who have forged the many 'firsts' before them.



Empower Another Ivy

Support The MHSB Bursary Fund

We believe all of Manchester's bright girls should have the opportunity to become an Ivy and join the MHSB sisterhood of bold, brilliant women. As more families face financial difficulty, the Bursary Fund is more crucial than ever.

Our Bursary Fund honours the intentions of MHSB's founders – to enrol girls with true potential, regardless of their financial means – but it is also a key factor in preserving the social diversity we see throughout the School, something that enriches our entire community.



Every year we are faced with more applications for bursary places than we can offer. Manchester High is not an elitist school and, by donating a small amount each month to the Bursary Fund, you can help us ensure that we fulfil our vision of supporting any young girl who would benefit from a MHSB education.



£5.99 a month
will buy a bursary girl's first blazer



£7.99 a month
will pay for a residential drama trip



£10.99 a month
will cover a year of musical instrument hire



You can set up a monthly donation online by visiting www.manchesterhigh.co.uk/iviesdonate or email development@mhsg.manchester.sch.uk.

Everyone who signs up will receive an exclusive ivy leaf pin badge.

In their own words...

"I remember my mum opening the letter from Man High and starting to cry.

For a split second I was so confused as to whether they were tears of joy or not, until she said, "YOU GOT IN WITH A BURSARY!" We could not believe what the letter said because the only way I could attend MHSB was with a 100% bursary. I realised, even then, how much Man High would help to shape my life.

When I started my journey at School, I didn't know what to expect, because I had come from a small state primary school. In Year 7, we went to Lakeside and this is where I first realised that I had entered an institution where the core values and foundations were built upon an idea of community, and this brought me a great deal of comfort.

Since then I have made new friends and had so many experiences from learning new languages and trips abroad to a broad range of extra-curricular activities, ranging from Model United Nations to Chess Club.

I once sat in a crowd of people and watched a Man High girl talk about her life in school at an Open Day and I wanted to be just like her. But I never thought, years down the line, I would be talking at that same event and inspiring another little girl somewhere in the crowd to join Man High. That is one thing the Bursary Fund allows, for girls to come and join this amazing place regardless of their financial background.

WITHOUT MAN HIGH AND THE BURSARY FUND, MY LIFE, MY GOALS, EVERYTHING WOULD BE SO DIFFERENT

As I approach my final year, with the prospect of studying Medicine at university, I look back upon my time here quite often, knowing I have gained invaluable skills and life lessons. Without Man High and the Bursary Fund, my life, my goals, everything would be so different.

Manchester High School for Girls has made me realise what I can do and helped me to achieve my full potential."

Current Bursary Pupil

Little Wins!

In a year where COVID has posed so many challenges, we were delighted that, by the summer term, we were able to return to a degree of 'normality' with some live performances, competitions and sporting fixtures.

In school, numerous speaking competitions took place including the annual IVYtication art competition, inter-year Public Speaking competitions and a Latin Dialogue contest.

By the time we reached May 2021, sport was back up and running with the first external hockey fixture finally taking place against The Manchester Grammar School. After that, there was no stopping the Sports Department, with teams competing in cricket and rounders tournaments!

HEAD MISTRESS, MRS JEYS, DESCRIBED THE EVENING AS "MAGNIFICENT"

Students were on a winning streak with medals and commendations in a variety of competitions. Young Enterprise team, Ivy and Bramble won Best Presentation at the North West Finals; Year 10 student, Aleeza won a national competition run by the Manchester Metropolitan University for her Spanish poem; and Kiyah from Year 8 came second in the Grand Final of The English Speaking Union Performing Shakespeare competition.

After a dry spell in terms of live performance, students were eager to take to the stage and over 30 students from Years 2-12 participated in the MHSG Music Strings Festival in May.

The following month saw the annual Junior Warburton competition with musicians performing in front of guest adjudicator, and distinguished conductor, Ellie Slorach. For the Music Department, the culmination of a year that had seen virtual orchestra rehearsals and socially distanced choral practice came in the form of the Summer Soirée. Head Mistress, Mrs Jey's, described the evening as "magnificent" and paid tribute to the "extraordinarily talented musicians at Manchester High" who performed in front of a small, socially distanced audience.



IVY AND BRAMBLE

Perhaps the biggest win of the year was the staging of *Sweeney Todd*! With constantly changing guidelines, there was uncertainty whether the production would even go ahead but, in true Manchester High spirit, the cast and crew forged on with their rehearsals and ultimately unleashed the demon barber on a select audience!

It was a truly spectacular and heartfelt performance that showcased the high standard of talent in school and demonstrated the passion, resilience and determination of the Dance, Drama and Music departments to overcome the challenges of COVID-19 and ensure students got their moment in the limelight.

I AM SO PROUD OF EVERYTHING THAT WE MANAGED TO ACCOMPLISH IN SCHOOL THIS YEAR AND CANNOT WAIT FOR MORE



THE CAST OF SWEENEY TODD

Mrs Jey's emphasised the importance of students being able to access these kind of extra-curricular activities in school. She said "One of the aims of the School is to provide a broad and diverse range of subjects and extra-curricular activities that offer each individual pupil the opportunity to develop their talents and flourish." She continued, "That has certainly been a challenge in recent times but, it is one that staff and pupils have faced head on! I am so proud of everything that we managed to accomplish in school this year and cannot wait for more live performances, sporting action and lots more 'little wins' in the coming months!"

NEWS FROM THE

MHSG Archive



In the first of our regular features, Gwen Hobson and Pam Roberts, the School Archivists, are delighted to share news of the latest developments in the School Archive.

Gwen and Pam both retired as Assistant Heads in 2014, but they were thrilled to return to MHSG in 2017, when our first School Archivist, Dr Christine Joy, retired.

ARCHIVISTS, PAM AND GWEN



IN THEIR OWN WORDS

Dr Joy did a magnificent job in setting up the Archive, which is one of the most important collections of girls' schools' records in the country and we are delighted that we can continue to move it forward and make it more accessible.

We are very fortunate to have 147 years' worth of documents and artefacts, accumulated since Manchester High's foundation as one of the earliest academic girls' schools in England right through to the present day.

Indeed the Archive is regularly consulted by academics and authors from all over the world, as well as by people researching their family history.

Until now, these valuable resources could only be accessed with our assistance, but we are thrilled to announce that we now have a new website dedicated to the Manchester High Archive. It hosts an ever-growing collection of digital archive material and can easily be viewed at www.mhsgarchive.org

As you can imagine, the digital archive is 'work in progress' as the process of digitisation takes time but we are having great fun going through it all and cannot wait to share it with you! We have started with some of the most frequently consulted historical material and will continue to upload more content, so please revisit the website frequently.

WHAT CAN YOU EXPECT?

With access to our new digital archive, you will be able to enjoy searchable copies of the first School Magazines from 1883 to 1906, as well as early School Reports. We have also begun the process of digitising and sharing our photographs. The first batch is a fascinating collection of glass slides from 1905 which illustrate all aspects of life in Dover Street.

We hope that you will also enjoy watching the recent Archive films and exhibitions, with subjects ranging from the origin of the Ivy Leaf, to 80 Years at Grangethorpe.

If you have any memories, photographs or mementos of your time at MHSG, please feel free to share them with us. We are also happy to answer any questions you may have about the Archive, whether it be the digital or physical collections, or if you wish to know more about the history of Manchester High School for Girls. Please contact us on archives@mhsg.manchester.sch.uk



SPOTLIGHT ON Music



MRS HILL, MR BRADLEY, MRS HEGGIE, MISS RUNDRELL, MR PERRY

Did you know that the Music Department offers lessons in over 20 instruments and each week almost 300 individual instrumental and singing lessons take place in the Department? Indeed music is flourishing at Manchester High School for Girls with students taking advantage of the purpose-built music wing and all the opportunities it affords.

As a Department, the aim is to make music accessible to all students regardless of ability. In fact, Head of Department, Mr Bradley, ensures that music is for everyone; "I am very proud of the fact that right from the outset, Music has been a core part of the MHSG curriculum and ethos.

The Department is a vibrant part of the School, and when you walk through it, you can hear anything; from a Year 7 band preparing for an informal assembly performance, to some of our sixth formers preparing a semi-staged opera scene – and anything in between.

IT IS AN ENORMOUS PRIVILEGE TO WATCH OUR STUDENTS BEGIN THEIR MUSICAL JOURNEY

All our Year 7 students learn an instrument, and as they progress through the curriculum, they explore jazz, blues, song-writing, samba, podcasting and of course the evolution of music. Regardless of their aspiration, we want our students to leave Manchester High with a love and understanding of music that will stay with them throughout their lives."

Even in the early 20th century, music played a significant role in school. Back in 1925, Dr Annie Warburton (affectionately known in musical circles as Annie O' because of her middle name of Osborne) was appointed by then Head Mistress, Miss Clarke, and taught at MHSG until 1946. She was an extremely accomplished musician and composer, as well as a recognised authority on music teaching, and was considered to be 'quite a catch'.



During her time at the School, she wrote several standard textbooks on the theory of music that are still published today. Under Annie O's guidance, music went from strength to strength at the School, and her work set a firm foundation for the strong musical tradition that we have today.

In fact, the Warburton Competition still runs in her memory and is open to girls in the Sixth Form. They perform their chosen piece in front of an expert adjudicator and, in keeping with tradition, the winner is given the opportunity to perform at a prestigious school event. The prize has been awarded every year since 1935 and more recently a Junior version of the competition has also been introduced.

They both form part of a full events calendar that gives students lots of opportunity to perform from the monthly Twilight Concerts, Christmas Concert and Summer Soirée to Celebration & Awards Evening at the Bridgewater Hall and the annual Carol Service at St Ann's Church, Manchester. Numerous other competitions run alongside events with guest adjudicators from the music industry brought in to give expert advice and tips. In recent years the Department has also run tours to Austria, Spain and Germany.

WHEN MUSICIANS FROM ACROSS THE SCHOOL COMMUNITY WORK TOGETHER, THE ATMOSPHERE IS MAGICAL

Our more advanced musicians are challenged through concerto opportunities, starring roles in musicals, competitive music festivals and coached chamber ensembles – a number of which are student-led, including the Jazz Band and Vocal Ensemble.

And it doesn't stop when students leave! Each year, former students, staff and parents perform a large choral work with the orchestra as part of our Spring Concert, which is always a highlight of our musical year.

Mrs Heggie, who oversees the music within our Prep School adds, "It is an enormous privilege to watch our students begin their musical journey. From simple percussive sounds in reception, girls soon move on to learning all manner of instruments. Their enthusiasm and commitment are infectious. They embrace the musical opportunities on offer from playing in Prep Orchestra to performing in charity concerts at Royal Manchester Children's Hospital or at Manchester Cathedral."



MRS HEGGIE



Mr Bradley is equally thrilled by the musical talent in school. He said "More and more students are successfully auditioning for music programs with the Junior RNCM, Hallé Youth Orchestra and Choirs, Stockport Youth Orchestra and the National Children's Orchestra and Choirs. In the past few years, several of our students have also gone to study at the Royal Academy and Royal Northern College of Music, as well as Oxford and Manchester Universities and we couldn't be more proud."

Mr Bradley concludes, "What really makes the Music Department so special is a happy unified sense of purpose – this is especially true in our ensemble music-making. When musicians from across the school community work together, the atmosphere is magical. This is epitomised each year, when many of our sixth-formers perform a concerto or equivalent with our orchestra. For them, it is always a very moving experience because it represents the culmination of hours of musical dedication and commitment, and to be then accompanied by their peer group is so special. What a privilege for myself and my colleagues to oversee it!"



Meet the Staff



Mr Aidan Bradley
Head of Department

Mrs Rachael Hill
Music Teacher

Mrs Melissa Heggie
Music Teacher, Preparatory Department

Mr Charlie Perry
Music Admin Assistant

Miss Clara Rundell
Music Admin Assistant

PERIPATETIC STAFF

Mrs Sally Baldwin – Woodwind

Mr Vasilis Bessas – Guitar

Mrs Ruth Bourn – Woodwind

Miss Jenny Cox – Brass

Mrs Sarah Crooks – Violin

Miss Claire Dunham – Piano

Miss Greta Gasser – Piano

Mrs Miriam Graham – Piano

Mrs Rebecca Guntren - Harp

Ms Sophie Hastings – Drums

Miss Jenny Heslop – Voice

Miss Sally Johnson – Voice

Miss Lucy Knight – Voice

Mrs Angela Lloyd-Mostyn – Piano

Miss Rachel Meerloo – Double Bass

Miss Rachael Moat – Clarinet

Mrs Suzanne Nicholas – Violin/Viola

Miss Clara Rundell – Cello

Miss Gemma Salmon – Piano

Mr Dan Smith – Electric Guitar/Bass

Mrs Jenny Weinstock – Piano

Ms Sarah Whewell – Flute

Ms Anne Whittaker – Violin/Viola



Our Values

Manchester High School for Girls nurtures...



Our Vision

Our vision is excellence: to deliver a pioneering, innovative and dynamic learning experience within a compassionate and caring environment for a needs blind, diverse community where the wellbeing and happiness of every individual and the fulfilment of their potential are our priority. As the School of choice for girls in the North-West, our pupils - like those who have attended the School before them - will go on to be global citizens and courageous motivators of change.

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