



## Headteacher's Comment:

It has been an excellent start to the summer term for staff and students and it was my privilege to host a breakfast for some of our most dedicated and successful students. Conversations during the breakfast ranged from favourite foods to what we would do if we had £1 billion to spend on the school! So, if your children start being collected from home by luxurious coaches and are being served Michelin starred food by celebrity chefs, you'll know the £1 billion wish came true.

**#ProudToBeChase**



## Year 7 Castle Competition:

Before the Easter break, our History Department co-ordinated a model castle competition, where Year 7 students were asked to build a model of a Motte and Bailey castle in the hopes of winning a trophy and prize. The entries were judged on their accuracy and creativity, and the overall winners were picked by Mr Suttwood, Mrs Hedges and Ms Walker. Tied in first place were James' fantastic model on an upcycled boogie board base, and Maggie and Grace's Wonka inspired castle cake! An honourable mentioned goes to Tommy and Aimee for their ingenious use of materials to create their castle.



## Headteacher's Breakfast:

As part of the Honours Assemblies which took place at the end of last term, two students from each year group were nominated by their teachers for a Headteacher's Award. As a reward for their outstanding contribution to the school, Mr Suttwood was delighted to invite them to a Headteacher's breakfast. Well done!



## Friends of Chase:

Would you like to become a 'Friend of Chase' and help support the school in organising fundraising events and charity quiz nights, perhaps help out with school trips and visits? If you think you could spare some time and energy to get involved, please let us know by emailing [patoht@chasehigh.org](mailto:patoht@chasehigh.org). Our next meeting will be taking place on Friday 3 May at 3.40 pm - 4.15 pm.



## Dates for your Diary:

23.04.24 Year 8 Hindu Temple Visit

25.04.24 KS3 Author Visit

24.04.24 Year 8 Anti-Bullying Training Trip

26.04.24 Year 7 STEM Event





# 10 Top Tips for Parents and Educators MANAGING EXAM STRESS

At some point in their education, children are almost certain to encounter exam stress, which can cast a shadow over their mental, emotional and physical wellbeing. Mental health charity YoungMinds estimate that a staggering 87% of pupils suffer from exam stress – highlighting the urgent need to minimise its impact on children's health and happiness.

## 1 PRACTISE WORKLOAD WISDOM

The build up to exam season is such a busy and pressurised time in a child's education that it can be difficult for youngsters to avoid feeling overwhelmed. Encourage them to consider whether their current workload is realistic and allows them sufficient time to relax and recharge. Work with them in crafting a revision timetable that's manageable and includes breaks and occasional days off.

## 2 ADVISE CLEARING THE CLUTTER

A disorganised work environment is proven to negatively affect our ability to focus, as well as our emotional state. Encourage children to keep their desk, notes and revision materials tidy – creating a dedicated, well-kept study space to promote maximum focus. Foster their creativity by suggesting they incorporate vibrant colours, mind maps and even quirky drawings into their revision notes.

## 3 MASTER THE MATERIALS TOGETHER

Revision seems far harder when a child is uncertain where to begin or what sources to consult. Support them in confirming revision materials with their various teachers – emphasising the importance of gathering a range of resources to get a more comprehensive understanding of the subject. Feeling more prepared should nurture the child's confidence and help to dispel some of their anxiety.

## 4 RECOMMEND CREATIVE NOTE-TAKING

Writing out notes in full – rather than simply bullet pointing – can be a strong start to a child's revision. Reinforce this idea, encouraging the use of flashcards (featuring shorter versions of previously taken notes) for effective repetition and memorisation. Discuss the power of regularly reviewing notes to help them stay in the child's memory.

## 5 USE VISUAL AIDS AND MNEMONICS

Encourage the use of visual aids like videos and sticky notes to enhance learning. Some children find these resources far more useful than simply reading their notes as written. Explore creating mnemonics for a fun and effective study approach – and it's also worth noting that the strategic use of colours is a proven means of triggering recall during exams.

## 6 GATHER A 'TECH TOOLKIT'

Technology can be a huge advantage in exam prep. Educational YouTube channels and revision websites like BBC Bitesize can be immensely powerful resources for helping children to expand and retain their knowledge. You could also recommend the use of flashcard apps and educational podcasts for revision and reminders when young people are on the go.

## 7 KEEP IT FUN

Revision tends to go far more smoothly if children are having fun in the process. Injecting some humour into their notes, for instance, can make details more memorable – as can relating information to their real-life experiences. Try to encourage a variety of study methods, such as incorporating physical activity (even simply taking a walk) into their revision routine.

## 8 SUGGEST ACTIVE REVISION STRATEGIES

Make sure children are aware of different study techniques. You could emphasise the effectiveness of spaced repetition by reviewing material regularly over time to reinforce learning and improve retention. Discuss the benefits of active recall methods – such as self-testing or explaining a concept aloud – in identifying where their strengths and weaknesses lie.

## 9 ENCOURAGE A POSITIVE MINDSET

It can be easy for children's thoughts to fall into a downward spiral when they're stressed about exams. Try to foster a growth mindset by emphasising the importance of giving it their all rather than aiming for complete perfection. Positive self-talk and the use of affirmations can build confidence and reduce anxiety, while visualising success and setting realistic goals can help them stay motivated and focused.

## 10 HELP THEM TO SEIZE THE DAY

There are lots of things children can do on the day of their exam to reduce stress and increase their focus. Talk them through some helpful exam-day strategies – such as arriving early, reading the instructions and the questions carefully, and pacing themselves during the test. Suggest some relaxation techniques, such as deep breathing or visualisation, to help them manage any nerves before and during the exam.

## Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at Penistone Grammar School.



The National College







# CAREERS NEWSLETTER

This newsletter is a collation of all the opportunities we have heard about from employers and universities. Please use the links included to read more information and apply to anything you are interested in. Links are underlined.


## OPPORTUNITIES




Are you interested in working in the Film Industry? This session equips you with all the information you need. The session will challenge common myths about the sector and showcase the variety of roles that are within your reach. You'll come away with up-to-date information to help plan a career in the screen industries.



Ever considered a career in property or simply want to hear from industry experts on how you can stand out from the crowd? Join the conversation to gain exclusive insights into the diverse range of roles available and benefit from expert guidance on how to create a winning CV and cover letter. Register here.



International Competition; "How does war effect people's lives?" - "We want to learn from you about the individuals and communities affected by war. What's a story that needs to be told? Is there a certain person that has inspired you? What are some of the impacts of war that people might not consider? Share your thoughts using poetry, art, speech and song! You can enter each category once!" Read more here and enter by 24th May 2024.



Embark on a transformative journey with Siemens Technology Virtual Work Experience. Discover the cutting-edge world of innovation led by industry-leading engineers at Siemens. Gain insights into digitalisation, climate action, smart infrastructure, and diversity & inclusion. Engage with Siemens experts, explore diverse roles, and learn how to launch your career through apprenticeships, internships, and graduate schemes. Your opportunity to shape the future of technology awaits - join Siemens and be a catalyst for positive change in the world of engineering and technology. Read more and apply here.

## JOB OF THE WEEK



This week's video focuses on the job role of a Naval Architect.

They are responsible for the design, classification, survey, construction, and/or repair of ships, boats, other marine vessels, and offshore structures, both commercial and military.

Watch the video to learn more.

## LABOUR MARKET INFORMATION FACT

The UK AI market is worth more than £16.8 billion, according to the US International Trade Administration, and is expected to grow to £801.6 billion by 2035.

The number of UK AI companies has increased by over 600% over the last 10 years.

[Read more](#)

If you have any questions or need support, please email [Edel.Donlon@chasehigh.org](mailto:Edel.Donlon@chasehigh.org)



# CAREERS NEWSLETTER

## OPPORTUNITIES

Getting into medical school in the UK is hard because it's an incredibly competitive process. There are a limited number of spaces available at each medical school, and a high number of applicants each year. If you are considering applying to study Medicine in the future, we would recommend looking at the [Medic Mentor website](#) which includes resources and events split into 5 steps:

- Step 1: Research becoming a Doctor
- Step 2: Speak to Doctors
- Step 3: Participate in Medical Extracurricular activities
- Step 4: Learn about the Medicine Application Process
- Step 5: Seek Mentoring

UCAS have a range of resources to help you explore your Higher Education options, via both university and degree apprenticeships. Here's some of the features that you may find useful:

- [Industry Guides](#) - These take a deep dive into different industries to explore job roles, average salaries, pros/cons & FAQs.
- [Subject Guides](#) - These guides tell you where the subject could take your career, the number of vacancies available, entry requirements and what universities and employers are looking for when it comes to previous subjects.
- [Career Quiz](#) - By answering a series of questions, you will be matched to jobs and see what courses previous students studied to get there.
- [Unibuddy](#) - You can speak with current students studying subjects that interest you to find out more about their experience.
- [Apprenticeship Smart Alerts](#) - Get tailored opportunities direct to your inbox, based on your preferences. Just create a UCAS account, fill out a quick form, and begin your apprenticeship journey!
- [Student events](#) - At a UCAS event, you can talk to unis, colleges, employers and apprenticeship providers to compare all your options side-by-side.

## EMPLOYER SPOTLIGHT

"Travis Perkins teams operate at the heart of the construction industry, trusted by the customers and suppliers who build and maintain the places that are important to millions of people. We're proud of where we have come from but it's where we go next that counts. Are you about to step onto the career ladder? We can help you pave the way into a great career." You can read more about their careers [here](#).

## UNI SPOTLIGHT

"Imperial is a world-leading university for science, technology, engineering, medicine and business (STEMB). Imperial harnesses the power of science, engineering, medicine and business to pursue discoveries with world-changing impact. Our students aren't just witness to this, they're working alongside us." You can read more about Imperial College London's courses [here](#).

If you have any questions or need support, please email [Edel.Donlon@chasehigh.org](mailto:Edel.Donlon@chasehigh.org)

# KEY STAGE 3 CHASE HIGH EXTRA CURRICULAR CLUBS



2023-2024	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;"><b>LUNCHTIME</b></p>	<p style="text-align: center;"><b>Computer Club</b> Mr Butcher / Mr Walrond ML22</p> <p style="text-align: center;"><b>Year 7 Esports Club</b> Mr McGauley / PS5</p> <p style="text-align: center;"><b>Band Club</b> MU32</p> <p style="text-align: center;"><b>Rehearsals</b> (See noticeboard) Mrs Clifford – Tait MU34</p>	<p style="text-align: center;"><b>Computer Club</b> Mr Butcher / Mr Walrond ML22</p> <p style="text-align: center;"><b>Year 8 Esports Club</b> Mr McGauley / PS5</p> <p style="text-align: center;"><b>Language Club</b> Miss Saidou / LF5</p> <p style="text-align: center;"><b>Bellacapella</b> MU32</p> <p style="text-align: center;"><b>Dance Club Practice</b> Ms Kempton MU34</p>	<p style="text-align: center;"><b>Computer Club</b> Mr Butcher / Mr Walrond ML22</p> <p style="text-align: center;"><b>Year 9 Esports Club</b> Mr McGauley / PS5</p> <p style="text-align: center;"><b>Geography</b> Mr Keshiro / Miss Harding LS2</p> <p style="text-align: center;"><b>Individual Vocals</b> (Invite Only) Mrs Clifford - Tait MU32</p>	<p style="text-align: center;"><b>Computer Club</b> Mr Butcher / Mr Walrond ML22</p> <p style="text-align: center;"><b>Culture</b> Mr Keshiro / LS2</p> <p style="text-align: center;"><b>Rehearsals</b> (See noticeboard) Mrs Clifford MU34</p>	<p style="text-align: center;"><b>Computer Club</b> Mr Butcher / Mr Walrond ML22</p> <p style="text-align: center;"><b>Key Stage 3 LORIC Film Club</b> Mrs Whitfield / LS6</p> <p style="text-align: center;"><b>Geography</b> Mr Keshiro / Miss Harding LS2</p> <p style="text-align: center;"><b>LGBTQ+ Club</b> Mr Bates / LG5</p> <p style="text-align: center;"><b>Music Tech Club</b> Mrs Clifford – Tait MU32</p>
	<p style="text-align: center;"><b>AFTER SCHOOL</b></p>	<p style="text-align: center;"><b>Hip Hop/Street Dance Club</b> Ms Kempton MU34</p>	<p style="text-align: center;"><b>Role Playing Club (All Years)</b> Mr Bates / LS5</p> <p style="text-align: center;"><b>Art Club</b> Mrs Noble / MM42</p> <p style="text-align: center;"><b>MFL Homework Support</b> Miss Saidou / LF5</p> <p style="text-align: center;"><b>Year 7 &amp; 8 German Culture Club</b> LF6 / SJN</p> <p style="text-align: center;"><b>Cantabile</b> School Performance Choir Audition Mrs Clifford – Tait MU32</p> <p style="text-align: center;"><b>Duke of Edinburgh (Year 9)</b> Miss Harding / LS3</p>	<p style="text-align: center;"><b>STEM - Technology</b> Miss Stokes / MM32</p> <p style="text-align: center;"><b>History Club</b> LF3 / Ms Warne</p> <p style="text-align: center;"><b>School Production</b> Mrs Cassar / Miss Heighway Main Hall</p>	<p style="text-align: center;"><b>Creative Writing Club</b> Mrs Turner &amp; Mrs McHugh ML38 / ML39</p> <p style="text-align: center;"><b>History with Tech</b> Mrs Barlow / MM33</p> <p style="text-align: center;"><b>Drama Club</b> Miss Watts MU34</p> <p style="text-align: center;"><b>Art GCSE Taster Club</b> Mrs Miller / MM45</p> <p style="text-align: center;"><b>Careers Drop In</b> Miss Donlon PG5</p>

# KEY STAGE 4 CHASE HIGH EXTRA CURRICULAR CLUBS



2023-2024	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>LUNCHTIME</b>	<p><b>Band Club</b> Mrs Clifford – Tait MU32</p> <p><b>Rehearsals</b> (See noticeboard) Mrs Clifford – Tait MU34</p>	<p><b>Language Club</b> Miss Saidou / LF5</p> <p><b>Bellacapella</b> Mrs Clifford – Tait MU32</p> <p><b>Dance Club Practice</b> Ms Kempton MU34</p>	<p><b>Year 10 &amp; 11 Business Revision</b> Miss Donlon / PG5</p> <p><b>Geography</b> Mr Keshiro / Miss Harding LS2</p> <p><b>Individual Vocals (Invite Only)</b> Mrs Clifford – Tait MU32</p>	<p><b>Culture</b> Mr Keshiro / LS2</p> <p><b>GCSE Music Group Year 10</b> Mrs Clifford – Tait MU32</p> <p><b>Rehearsals (See noticeboard)</b> Mrs Clifford – Tait MU34</p> <p><b>Key Stage 4 Esports Club</b> Mr McGauley / PS5</p>	<p><b>Geography</b> Mr Keshiro / Miss Harding LS2</p> <p><b>LGBTQ+ Club</b> Mr Bates/ LG5</p> <p><b>Music Tech Club</b> Mrs Clifford – Tait MU32</p> <p><b>Key Stage 4 Esports Club</b> Mr McGauley / PS5</p>
<b>AFTER SCHOOL</b>	<p><b>Hip Hop/Street Dance Club</b> Ms Kempton MU34</p>	<p><b>Role Playing Club (All Years)</b> Mr Bates / LS5</p> <p><b>Art Club</b> Mrs Noble / MM42</p> <p><b>MFL Homework Support</b> Miss Saidou / LF5</p> <p><b>Duke of Edinburgh</b> Miss Harding / LS3</p>	<p><b>Code Club (All Years)</b> Mrs Hall ML24</p> <p><b>STEM - Technology</b> Miss Stokes / MM32</p> <p><b>School Production</b> Mrs Cassar / Miss Heighway Main Hall</p>	<p><b>Esports Training Club</b> Mrs McGauley / PS5</p> <p><b>English Creative Writing</b> Mrs Howard / MM38</p> <p><b>History with Tech</b> Mrs Barlow / MM33</p> <p><b>Art GCSE Taster Club</b> Mrs Miller / MM45</p> <p><b>Careers Drop In</b> Miss Donlon PG5</p>	