



FRIDAY 26 SEPTEMBER 2025

NEWS & VIEWS



AMBITION - RESILIENCE - KINDNESS

HEADTEACHER: MR M SUTTENWOOD



Headteacher's Comment

We were very pleased to see so many of our Year 7 pupils attend the Welcome evening on Thursday 25 September. In the main hall, talks about homework and the curriculum, punctuality and attendance and general transition were led by Mr Brien, Deputy Headteacher and Mr Biggie, Head of Year 7. In the canteen there was a great buzz as our Year 7 classroom teachers, tutors and Miss Whitbread, Deputy Head of Year 7 were available to have personalised conversations with families. The SEND team led by Mrs Ringrose, SENDCO, trialled a booking system for parents/carers to discuss their child's ISP; feedback for this system was very positive. We thank all pupils and parents/carers who gave up their time to attend and are really looking forward to seeing the progress that our pupils make throughout their time here. We hope this event left you feeling part of the Chase High community and confident in your choice to send your child to our school.

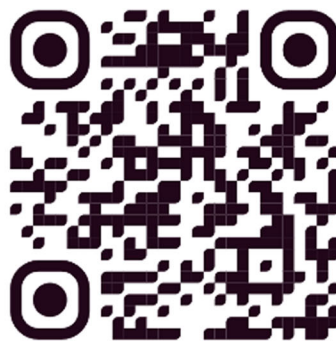
#ProudtobeChase

Sports Round Up

Our Year 8 Football Team produced a battling display over the last week against St Thomas More and Eastwood. Our Sixth Form Football Academy performed brilliantly on Wednesday to win 2-1 at Southend High. Both goals coming from Jack.

Our Year 9 Rugby team played well against a strong Eastwood team.

All fixtures can be found on our Team Up calendar by scanning the QR code.



Sutton Trust & Bloomberg Talk on Degree Apprenticeships

Year 12 students had the opportunity to hear from representatives of the Sutton Trust and Bloomberg about degree apprenticeship pathways and the support offered through the Sutton Trust programme.

We also welcomed alumna Jemmiah, now at the University of Warwick, who shared her experience of the Sutton Trust work experience programme. She also offered valuable insights into what it takes to succeed while studying A Levels at Chase High Sixth Form.



www.chasehigh.org



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Flu Vaccination Consent Link

The Essex Immunisation Team will be in school on Friday 3 October to administer the flu vaccination for pupils in years 7-11. Vaccinating your child against flu helps reduce the risk of serious illness and plays an important role in protecting vulnerable individuals in your community, friends and family. You can choose between the quick, painless nasal spray or a pork gelatine-free injection. For further information about the vaccines, please see the attached leaflet.

Please complete the following form to give consent for your child to receive the vaccine. If you do not wish your child to be vaccinated, please submit a decline via the same link to avoid further contact from our team.

<https://eastanglia.schoolvaccination.uk/flu/2025/essex>



Save the Date!

We are holding our Year 9 Parents' Evening online on Thursday 9 October 2025 from 15.00 and hope all parents/carers take advantage of speaking with staff about their child's attainment and engagement.

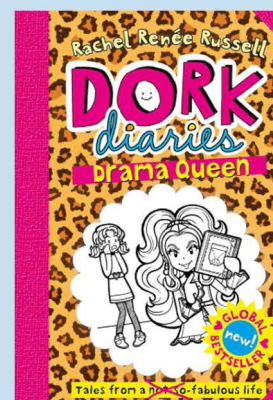
BOOK OF THE WEEK!

Age recommendation: 9+

Short synopsis: Recording the details of her life through the month of April, Nikki experiences more than her share of springtime wackiness with her friends Chloe, Zoey, and Brandon.

Pupil Review:

"It's my favourite book that I've read recently. It's interesting and funny."- Honey, Year 8.



Dates for your Diary:

3.10.25 Flu Vaccinations

09.10.25 Year 9 Parents' Evening

20.10.25 – 31.10.25 Half Term



DISCOVERY
EDUCATIONAL TRUST

Chief Executive Officer: Mr R Duff

Chase High School is proud to be part of the Discovery Educational Trust



www.chasehigh.org



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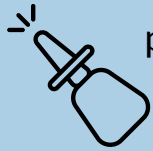


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FLU IMMUNISATION FOR PUPILS IN SCHOOL YEARS RECEPTION - YEAR 11

**Prevent your child from being seriously ill this winter!
Vaccinating is crucial in protecting them and
vulnerable friends and family from flu.**

NASAL VACCINE



No needles - just quick,
painless, effective flu
protection
(contains gelatine)

OR

THE INJECTION



We offer a **PORK-FREE,
GELATINE-FREE** injection
considered a
faith-friendly alternative.

Complete this form, even if you do not want the vaccine.

<https://eastanglia.schoolvaccination.uk/flu/2025/essex>

Secondary School students only: Young people under the age of 16 can give or refuse consent themselves if considered competent to do so by nursing staff.

CONTACT THE TEAM

 essex@v-uk.co.uk
 [01245 984 145](tel:01245984145)

Need more
information?

Please see our FAQs
sheet attached with
this letter.

Or visit our
website:



We endeavour to come to your child's school twice.
If your child is absent or unable to be vaccinated at
school, they can still receive this important vaccine by
attending one of our community clinics for the vaccine.

Details of these can be found on our website or you
can contact the team above.

Your consent will remain in place for the entire flu season.
If your child misses a first visit, you do not need to
complete a second form.

LEARN MORE 

<https://www.schoolvaccination.uk/flu>
www.youtube.com/@vaccinationuk

PRIVACY POLICY

Our 2024/25 policy can be viewed here: www.schoolvaccination.uk/privacy-policy
For data protection queries, please contact: dpo@vaccinationuk.co.uk



FREQUENTLY ASKED QUESTIONS

Q WHY ARE CHILDREN BEING OFFERED THE FLU VACCINE?

Flu can make children feel very unwell and can sometimes lead to serious complications like pneumonia or ear infections. Some may even need hospital treatment. It's especially important for children with long-term conditions like asthma or diabetes, as flu can be more dangerous for them.

Q HOW DOES THE FLU VACCINE FOR CHILDREN WORK?

The nasal spray contains weakened flu viruses that help your child build protection without causing illness. Because flu strains change each year, the vaccine needs to be given annually. Most children only need one dose.

Q IS THE FLU VACCINE SAFE FOR CHILDREN?

Yes, it has a very good safety record and has been used for over 10 years in countries like the US without any major concerns. All vaccines available in United Kingdom must pass strict safety testing before being approved for use. The Medicines and Healthcare Products Regulatory Agency (MHRA) only approve vaccines that have gone through rigorous safety testing measures. The regulators continually monitor them all the time.

Q SHOULD ANYONE NOT HAVE THE VACCINE?

Let us know if your child:

- Has a severe allergy to eggs, gelatine, or certain antibiotics
- Has recently had severe asthma symptoms or is wheezy on the day
- Has a seriously weakened immune system

Also, after vaccination, children should avoid close contact with people who have very weak immune systems for about two weeks—everyone else is fine to be around.

Q ARE THERE ANY SIDE EFFECTS?

Side effects from the nasal spray are usually mild and short-lived. These may include a runny or blocked nose, headache, reduced appetite, or a slight temperature. Paracetamol or ibuprofen can help if needed.

Q WE DO NOT EAT PORK PRODUCTS. CAN MY CHILD HAVE A DIFFERENT FLU VACCINE?

Yes. There is an injectable flu vaccine is available that contains no pork (porcine gelatine).

While the nasal spray is generally more effective and painless, we respect your preferences. Just complete the consent form for the injection—no need to fill out both.

CONSENT INFORMATION

The consent form needs to be signed by a person with parental responsibility which includes:

- Mother: automatic
- Father: if married to the mother either when baby is born or marries subsequently
- Unmarried father: if name appears on birth certificate (since 1/12/03) or legally acquired
- Others: if parental responsibility is legally acquired
- Parental Responsibility Agreement: signed, properly witnessed and sent for registration to Principle Registry or the Family Division (High Court)
- Residence Order: granted by the Court

Please note that young people under the age of 16 can give or refuse consent if considered competent to do so by nursing staff.

Q NATURAL IMMUNITY

While natural immunity from the flu can occur, it's not generally considered better than vaccine-induced immunity. Natural infection carries the risk of severe illness and complications, whereas the flu vaccine offers protection with significantly less risk. Natural immunity can be long-lasting against specific strains, but we know that the flu virus changes (mutates) overtime so natural immunity to one strain might not protect against a different strain that emerges later. Vaccines are a safer and more reliable way to protect against a wider range of flu viruses.

Flu vaccines are updated for each winter to give protection against the strains of flu that are most likely to be going around. For this reason, we strongly recommend that even if your child was vaccinated last year, they should be vaccinated again this year.

Q MY CHILD NEEDS A DIFFERENT VACCINE

If your child needs another vaccine you can speak to our team or attend one of our community clinics, all information can be found on our website: www.schoolvaccination.uk/catch-up-clinics

Q I HAVE MORE QUESTIONS

We run Q&A webinars which address frequently asked questions and gives parents an opportunity to ask their questions. You can find information and how to join on our website.





UK Health
Security
Agency



Protect yourself against flu

Flu immunisation in England

Information for those in secondary school



Flu  mmunisation

Helping to protect you against flu

Flu vaccine is offered free to:

Children aged
2 or 3 years old
(on 31 August
before flu
vaccinations start
in the autumn)



School-aged
children
(Reception to
Year 11)

Children from 6
months of age
with a health
condition that puts
them at greater
risk from flu



Further information on which children are
eligible each year can be found at:

www.nhs.uk/child-flu

Why should I have the flu vaccine?

Flu can be a very unpleasant illness causing fever, extreme tiredness, aching muscles and joints, stuffy nose, dry cough, and sore throat. You usually begin to feel better within about a week. Some people develop complications and need to go to hospital for treatment.

What are the benefits of the vaccine?

Having the vaccine will help protect you from what can be a very nasty illness. It can help you avoid having to miss out on the things you enjoy and disruption to your education.

The vaccine also reduces the chance of you spreading flu to others so in turn helps protect your family and friends.

I had the flu vaccination last year. Do I need another one this year?

Yes; flu viruses change every year so the vaccine may be updated. For this reason, we recommend that you are vaccinated against flu again this year, even if you were vaccinated last year.



How will the vaccine be given?

It is usually given as a nasal spray. If the nasal spray is not suitable, an injection can be given instead, usually into the muscle in the upper arm.

So how does the nasal spray work?

The nasal spray contains viruses that have been weakened to prevent them from causing flu but will help you to build up immunity.

The vaccine is absorbed quickly in the nose so, even if you sneeze immediately after having had the spray, there's no need to worry that it hasn't worked.

Are there any side-effects of the vaccine?

You may develop a runny or blocked nose, headache, general tiredness and some loss of appetite. However, these are much milder than developing flu and its complications. Serious side-effects are uncommon.

What if I am not feeling well on the day?

The vaccination may be delayed if you have a fever. Also, if you have a heavily blocked or runny nose, it might stop the vaccine getting into your system. In this case, the flu vaccination can be postponed until your nasal symptoms have cleared up.

What about those young people who have a long-term health condition?

If you have a long-term health condition that puts you at higher risk of serious complications from flu, you should have the flu vaccine every year. If you have one of these health conditions and are not in one of the groups being offered flu vaccine at school, you can also ask your GP surgery to give you the vaccine. You can also ask your GP surgery to do this if, for example, you don't want to wait until the school vaccination session.

Long term health conditions that put you more at risk from flu

These conditions include:

- serious lung problems, such as asthma needing regular use of steroid inhaler or tablets
- serious heart conditions
- kidney or liver disease
- diabetes
- weakened immune system as a result of a condition or treatment with medicines such as steroid tablets or chemotherapy
- problems with the spleen, for example, sickle cell disease, or the spleen has been removed
- a learning disability
- problems with the nervous system, such as cerebral palsy



Visit www.nhs.uk/child-flu
for more information

Are there any young people who shouldn't have the nasal vaccine?

Most children and young people are offered a nasal spray vaccine which is quick and easy to administer and is the preferred vaccine for children. However, some young people may not be able to have the nasal vaccine (see details below). Your parents will be given a consent form to complete ahead of the vaccination, which will include questions to check whether it is suitable for you. They can speak with the school immunisation team if they have any questions. If you cannot have the nasal spray, you will be offered a flu vaccine injection.

Who shouldn't have the nasal vaccine?

Instead of the nasal spray vaccine, you should have an injected flu vaccine if you:

- are currently wheezy or have been wheezy in the past 72 hours
- have a very weakened immune system or someone in your household needs isolation because they are severely immunosuppressed
- have a condition that needs salicylate treatment
- have had an anaphylactic reaction to a flu vaccine, or any of the components, in the past (other than egg)

Young people who have been vaccinated with the nasal spray should avoid close contact with people with very severely weakened immune systems (for example those who have just had a bone marrow transplant) for around two weeks following vaccination.

If contact is likely or unavoidable then an alternative flu vaccine should be given.

If you're not sure, check with the school aged immunisation team, or the nurse or GP at your GP surgery.

Your parents should seek the advice of your specialist, if you have:

- had a severe allergic reaction (anaphylaxis) to egg in the past that required intensive care treatment
- asthma that's being treated with steroid tablets or required intensive care treatment in hospital

Where will the vaccination be given?

School-aged children will be offered the vaccination in school, with further opportunities to get vaccinated in community clinics, for anyone who misses the session at school.

Eligible children who are home educated will be offered the vaccine. You or your parents can obtain information about arrangements from your Local Authority Education Department.

You can read the vaccine product information leaflet here: www.medicines.org.uk/emc/product/15790/smpc

Does the nasal vaccine contain gelatine derived from pigs (porcine gelatine)?

Yes. The nasal vaccine contains a very small amount of gelatine from pigs (porcine gelatine), which is used in a range of many essential medicines. The gelatine helps to keep the vaccine stable so that it is able to work properly.

The nasal spray is the preferred vaccine for children, and it is quick and easy to administer. It may also be better at reducing the spread of flu in the community. If you do not accept medicines or vaccines that contain porcine gelatine, a flu vaccine injection that does not contain gelatine is available.

Where can I get more information?

Visit www.nhs.uk/child-flu for more information. Talk to the school immunisation team, your GP, or practice nurse if you have any further questions.



www.nhs.uk/vaccinations

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That this leaflet is available in, Albanian, Arabic, Bengali, Bulgarian, Chinese (simplified), Chinese (traditional, Cantonese), Estonian, Farsi, French, Greek, Gujarati, Hindi, Latvian, Lithuanian, Nepali, Panjabi, Pashto, Polish, Portuguese, Romanian, Romany, Russian, Somali, Spanish, Tagalog, Turkish, Twi, Ukrainian, Urdu and Yiddish. Accessible versions are also available as an English large print, braille, British Sign Language video and audio version.

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



This October, we're Raising the Volume for Dyslexia Awareness Week from Monday 6th October – Sunday 12th October 2025 – making sure dyslexia is heard, understood, and celebrated like never before. [Check out these podcasts](#) on 'Lessons in Dyslexic Thinking' and hear from the world's most inspiring dyslexic people.



"Join us on the 7th October for UCB Live, an interactive online open day! This is your opportunity to explore everything University College Birmingham has to offer – from inspiring courses to award-winning student support." [Click here to take part.](#)



[Join this Springpod Sprint](#) to try a real employer-designed assessment that focuses on your potential. It looks at things like resilience, creativity, learning agility and digital thinking. Built by Amberjack, a leading assessment provider used by companies like BDO and Atkins, this is your chance to see how assessments really work and where your strengths lie.



Are you member of a book club? Then reading and discussing for a sci-fi or space themed book, short story or parts of books are a great idea! [Check out this list](#) of the Top 100 Science Fiction and Fantasy books.



"The Schools' Aerospace Careers Programme Charity exists to support all young people and educational establishments across the UK with up-to-date careers advice in respect of engineering based industries, especially aerospace, and aviation." Find out more [here](#).



"Springpod worked with Airbus to create a bespoke and interactive, two-week Virtual Work Experience programme that required students to complete assignments. Work was reviewed and upon approval, students would receive a digital certification which could be included on their CV and/or LinkedIn profile." Read the Case Study [here](#).

JOB OF THE WEEK



[Astrobiologist](#)

One of the main questions in space exploration is whether there is life in space. Astrobiologists try to determine what is required for life, where these conditions may be found in space and what the signs of life we could detect may be. They will design experiments on Earth to simulate conditions we may expect in space.

LABOUR MARKET INFORMATION FACT

In May to July 2025, the number of people aged 16+ in employment was 34.24 million, and the employment rate for people aged 16-64 was 75.2%.

The employment rate has increased over the last year.

[Source](#)

If you have any questions or need support, please email careers@chasehigh.org

CAREERS NEWSLETTER

OPPORTUNITIES



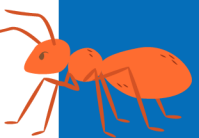
World Space Week is an international celebration of science and technology, and their contribution to the betterment of the human condition. The United Nations General Assembly declared in 1999 that World Space Week will be held each year from October 4th-10th. These dates highlight two historical events:



- October 4, 1957: Launch of the first human-made Earth satellite, Sputnik 1, opening the way for space exploration
- October 10, 1967: The signing of the Treaty governing the Activities in the Exploring and Peaceful Use of Outer Space, including the Moon and other Planets.



With technologies like wireless power transfer and space-based solar power, Matteo Madi, Managing Director of Sirin Orbital Systems, believes the next leap in clean energy will come from space. Read the interview [here](#).



Join this 2-day, [virtual experience](#) in the October break to discover the amazing complexity of ant colonies, how ants contribute to ecosystems and how you can become an ant keeper from the comfort of your own home. Not to mention, gain insights into how you could build a career in Entomology and what avenues there could be to explore



Want to know what it is like to work in the Space industry? Check out the 'UK Space 101' introduction from Space Careers [here](#).



Ever wondered what chemical engineers do and how they tackle global challenges like energy and sustainability? In this short, online session, you'll explore the real-world impact of chemical engineering and even get hands-on by designing a bioethanol production plant. Hosted by Uni of Sheffield, [join now](#) to see if Chemical Engineering is the right course for you.

EMPLOYER SPOTLIGHT

"At NASA, we explore the secrets of the universe for the benefit of all. Your work will advance the next frontier of aeronautics, human spaceflight, science, and technology. Help us take on exciting and meaningful missions that inspire the world and future generations through discovery.

[Learn more](#) about what a career at NASA could look like, including our mission, culture, values and benefits."

UNI SPOTLIGHT

"As a global top ten university, Imperial College London uses science to try to understand more of the universe and improve the lives of more people in it. Across nine campuses and throughout our Imperial Global network, 22,000 students, 8,000 staff, and partners work together on scientific discovery, innovation and entrepreneurship." [Find out more here.](#)

If you have any questions or need support, please email careers@chasehigh.org

What Parents & Educators Need to Know about YOUTH VIOLENCE

Youth violence affects one in four children in the UK, but it doesn't have to. When parents, carers, and educators understand the risks, they're better placed to support young people. The right support, mentoring, therapy, and guidance can help young people affected by violence to feel safe, manage conflict, and make positive choices.

UNDERSTANDING YOUTH VIOLENCE

WHY DO YOUNG PEOPLE COMMIT SERIOUS VIOLENCE?

A recent study surveyed over 10,000 young people affected by violence, asking why serious violence occurs among their peers, such as an assault involving a weapon or sexual violence. The most common reasons given were due to a personal characteristic of the victim e.g., race, religion, sexuality, gender, a gang or school rivalry, and being provoked. While not all young people face these issues, many lack the emotional regulation skills needed to manage provocation.

WHAT ARE SIGNS A YOUNG PERSON IS AT RISK?

Children and young people often express that something is wrong through behaviour rather than words. Be alert to signs such as sudden mood changes, secrecy around friendships, excessive phone use, unfamiliar slang, unexplained injuries, fear of school, aggression, going missing, or substance use. They may also be associating with older peers. These behaviours can indicate underlying issues that can lead to violence.

ONLINE INFLUENCES

Social media plays a powerful role in normalising and escalating violence. Platforms like TikTok and Snapchat can expose young people to harmful content, often shaped by algorithms. Many see violent material that distorts reality, leading to fear and desensitisation. A recent study found 70% had seen real-world violence online, and 80% felt less safe in their communities. Alarming, 39% said it made them more likely to carry a weapon. Online conflict can often spill into real life, with serious and sometimes tragic consequences.

Opportunity

Community

Wellbeing

Respect

UNCERTAINTY

CONFLICT

FEAR

WHEN IS VIOLENCE MORE LIKELY TO HAPPEN?

For children and young people in England and Wales, the hours between 4 pm and 8 pm – just after school – carry a particularly high risk for serious violence. This can stem from conflicts that escalate during the school day, online arguments, or simply moving through unfamiliar areas on the way home. Understanding this risk helps us support safer travel and routines. Our recent report found that over one in three young people don't feel safe in the area they live in, and 36% don't feel safe walking the streets.

WHY MIGHT A YOUNG PERSON CARRY A WEAPON?

Young people may carry weapons due to fear, threats, peer pressure, or a false sense of protection. Many young people tell us they feel unsafe and carry weapons 'just in case', while others may be influenced by social media, peers, or criminal activity. Some don't realise it's illegal or may believe it earns respect.

WHERE IS VIOLENCE MORE LIKELY TO HAPPEN?

Violence often happens in certain places. Busy areas like transport hubs carry risk simply because lots of people gather there. Other hotspots, like places linked to drug activity, attract those more likely to be involved in violence. Some areas become risky due to poor supervision, such as under-resourced public spaces. Understanding where violence tends to occur helps us guide young people safely through their communities and advocate for better support and safer spaces.

Advice for Parents & Educators

TALKING TO CHILDREN ABOUT STAYING SAFE

Choose a safe moment for the conversation, emotionally and physically. If a child is upset or angry, help them settle before discussing serious topics. Listen actively without judgement, even if what they share is difficult. Avoid interrupting and offer advice when the time feels right. If you're worried, you're not alone; support is available.

AVOID CONFLICT & MANAGE ESCALATIONS

Encourage young people to consider the 'Safe T's' – Trust instincts, Take a breath, and Talk to a trusted adult. When triggered or provoked, they may react from their 'survival brain', unable to think clearly about the consequences. Taking a breath helps calm, and helps them access their 'thinking brain'. Remind them that moments pass, and seeking support from trusted adults builds resilience and safer decision-making.

HELP CHILDREN UNDERSTAND CONSEQUENCES

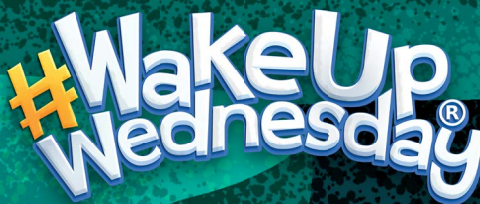
Young people can be searched by police or teachers if suspected of carrying a weapon. If found with a knife, they could face arrest and criminal proceedings. A conviction can result in a criminal record. Even being present during a violent assault, encouraging it, filming, or sharing footage can lead to prosecution. Open and honest conversations can help children understand these risks and make safer choices.

REPORT INFORMATION

We all have a role in preventing violence. If a child shares concerns, you can act. For educators, it's important to follow your school's safeguarding procedures. Other adults can report anonymously through Fearless or Crimestoppers, and speak with other parents, the school, or local police through 101. If someone is in immediate danger, always call 999. These steps help protect children and the wider community.

Meet Our Expert

The Ben Kinsella Trust is a UK anti-knife crime charity educating young people through immersive workshops, awareness campaigns, and community resources. Visit: benkinsella.org.uk



The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/youth-violence>

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