



FRIDAY 9 JANUARY 2026

NEWS & VIEWS



AMBITION - RESILIENCE - KINDNESS

HEADTEACHER: MR M SUTTENWOOD



Headteacher's Comment

Welcome back, and a Happy New Year to you all!

It has been fantastic to see pupils back in lessons and showing great dedication to their learning. Some of you may have set a resolution for the year ahead and are looking to make positive changes. It is important to remember that the journey can have difficult moments, and it is the ability to keep going towards your goals that truly matters.

As the colder weather continues, we kindly remind parents and carers to ensure pupils come to school with a suitable coat to keep warm during the day.

#ProudtobeChase



Breakfast Boosts BrainPower!

It is important for pupils to start the day with a nutritious breakfast. Studies show that pupils who eat breakfast regularly perform better academically. Eating a healthy breakfast can contribute to improved readiness to learn, increased concentration, and help improve wellbeing and behaviour. Pupils should also make sure they drink plenty of water throughout the school day. Chase High School has its own breakfast club open to all pupils starting from 7.30 providing freshly toasted bagels with a choice of toppings. Our Sixth Form breakfast club starts at 8.15 for Post 16 students.



Breakfast Club



Take Your Child to Work Day:

This year, pupils in Years 7, 8 and 9 will have the exciting opportunity to gain valuable experience in our upcoming 'Take your child to work' days. Taking part in these experience days will not only be fun for pupils, but will be educational, interactive, and inspiring in introducing the concept of work at an early and impressionable age. If you are able to support your child with this opportunity, or you have any questions, please email lauri.procter@chasehigh.org Pupils are also welcome to come along to our Careers Drop-in which takes place in the Library on Thursdays 15.30 – 16.00



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Prom Committee Cookie Sale

Our Prom Committee will be holding a cookie sale on Tuesday 13 January raising funds for this year's Year 11 Prom. Cookies will be sold in the main cafeteria and London building at break time and lunch times.



SPORTS ROUND UP!

On Tuesday, in the Southend Borough League, our Year 10 boys' basketball team suffered a narrow 48–50 defeat to Shoebury High School. Emanuel and Connor were the leading scorers.

Our Year 7 boys' basketball team lost to a very strong St Thomas More team, with Theo named Player of the Match.

The Year 9 team played Southend High School for Boys in the borough league and were also narrowly defeated. Max was named Player of the Match.



Dates for your Diary:

- 12.01.26** Year 7-11 Everyday Racism Workshop
- 13.01.26** Prom Committee Cookie Sale
- 22.01.26** Year 9 Options/Raising Achievement Evening
- 23.01.26** Year 9 DTP/ACWY Immunisations
- 05.02.26** Year 8 Parents' Evening
- 12.02.26** Year 12 / 13 Parents' Evening (Face to Face)
- 16.02.26 – 20.02.26** Half Term

SAVE THE DATE!

YEAR 9 OPTIONS EVENING
THURSDAY 22 JANUARY



DISCOVERY
EDUCATIONAL TRUST

Chief Executive Officer: Mr R Duff

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



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10 Top Tips for Parents and Educators

ESSENTIAL ONLINE SAFETY

Children and young people use the internet every day to learn, play, and connect, but the online world is not always safe. For adults, it can be hard to keep up with the risks, including harmful content, cyberbullying and scams. These 10 tips provide clear and practical advice to support safer and healthier digital habits, helping young people to make informed, secure choices when using technology.

1 START EARLY CONVERSATIONS

Begin talking about online behaviour from the moment children start using devices. Use age-appropriate language and revisit topics regularly, making it clear they can speak to you about anything that upsets or confuses them. Keeping these chats open helps build trust, so children are more likely to come to you when needed.

2 PROMOTE SAFER SHARING

Children can overshare without understanding the risks. Remind them that photos, locations, or messages can be copied or shared beyond their intended audience. Explain how even private messages or group chats can be saved and/or misused. Talk about what is appropriate to post, message, and who it's safe to share with.

3 ENCOURAGE DIGITAL BALANCE

Many apps and games are designed to keep users engaged through rewards, likes, or constant updates. These features can make it hard for children to switch off. Talk openly about how these systems work and help children recognise when it's time to take a break. Building in tech-free routines supports a healthier balance and awareness of their screen time.

4 CREATE A SAFE SPACE FOR CONCERNS

When children come to you with a concern, respond with interest and care, rather than with alarm. Keeping your reaction measured helps them feel safe and supported. This doesn't mean ignoring serious issues; it means showing that you're there to help. When children trust that they can speak openly, they're more likely to feel supported through unpleasant online experiences, and to ask for help in future.

5 STAY INFORMED AND CURRENT

With emerging technologies like AI moving and changing so quickly, it's important to stay updated on how children are using new platforms, apps and games. Ask them to show you what they use and let them take the lead as you explore together. This opens up valuable conversations and helps you stay ahead of emerging risks and trends.

6 TEACH CRITICAL THINKING

Talk to children about how to recognise unreliable information or scams online. With AI-generated videos, photos, and stories becoming harder to spot, help children question what they see and encourage them to look for evidence, check sources, and ask questions. These skills will help them avoid risks, make smart choices, and develop healthy habits for the future.

7 SET CLEAR BOUNDARIES

Involve children in conversations about device usage so they feel included. Agree on digital rules such as screen-time limits, age-appropriate apps, and no devices in bedrooms overnight. Use parental controls to block or filter harmful content and explain that rules are there to protect and support them, not to spoil their fun.

8 LEAD BY EXAMPLE

Children often copy the behaviour of adults around them. Show them what balanced, respectful, and mindful use of technology looks like, such as avoiding scrolling during family time and speaking kindly in messages. If you expect certain behaviour from them online, make sure your own habits reflect the same standards.

9 EXPLORE PRIVACY SETTINGS TOGETHER

Show children how to use privacy tools on apps, games, and websites. Teach them to use strong passwords, block or report others in response to problems, and avoid sharing personal details. Explore settings together so they feel confident and in control, and explain that these features are there to help them stay safe online.

10 KNOW WHERE TO GET HELP

Familiarise yourself with tools and organisations that support online safety. The National College offers online safety guides and webinars which provide tips on staying safe. Websites like Report Harmful Content and CEOP can be used to report when something goes wrong. Show children how to report or block users, and where to go if they feel unsafe. Make sure they know that asking for help is always the right thing to do, and be prepared to support them.

Meet Our Expert

Home to the world's largest CPD library for educators, The National College has transformed the way education establishments go about developing their workforces and managing compliance. Our three memberships help all phases and types of setting raise standards, save time, reduce risk, and build a culture of improvement.

See full reference list on our website



YOU ARE INVITED TO
Festive
Bake Sale
13TH JANUARY
Main Cafeteria And London Building
Break and Lunch time

SAY YES TO THE DRESS.....AGAIN!

WHAT?

A pre-loved prom event selling fabulous prom, evening & cruise wear, shoes and accessories

WHEN?

Fri 30th Jan 26 4pm - 9pm, Sat 31st Jan 8am - 9pm, Sun 1st Feb 10am - 4pm

WHERE?

HARP boutique charity shop, 3 Broadway West, Leigh, SS9 2BZ

WHY?

To help everyone go to prom and to help end homelessness in our local communities!

PRE BOOK YOUR SLOT WITH A £10 HOLDING DEPOSIT TO GUARANTEE ENTRY, REDEEMABLE AGAINST A PURCHASE

Pre bookable slots available between 4pm Fri 30th and 1pm Sat 31st. Visit our Leigh shop to book. Drop ins welcome during this time but if we are full, you may have to queue.

From 1pm on Sat 31st, open to everyone. Boys suits available from this time.



Your Local Homelessness Charity

FREE GLASS OF NON-ALCOHOLIC BUBBLY WHILE YOU SHOP

GOODY BAG WITH THE FIRST 50 PROM DRESS PURCHASES

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



Welcome back, everyone! We hope you had an enjoyable break filled with fun and rest, allowing you to return feeling ready for a fantastic new term.



Clearing is how unis and colleges fill any places they still have on their courses. From 2 July – 19 October 2026, you can apply for a course using Clearing if you're not already holding an offer from a university or college. Watch this video on "How to apply through UCAS Clearing: A step-by-step guide."



The Business of Success: Entrepreneurship for Students. With Simon Arora, British businessman and former CEO of B&M. This talk on January 29th 10:00-11:00 is perfect for anyone curious about business, entrepreneurship, or how to make their mark in the world of commerce.



Get an inside look at the fast-paced world of broadcast journalism with Richard Murrell, Lecturer at Ravensbourne and former Lead Director at BBC News. Behind the Scenes: Welcome to the Newsroom, 4th February 10:00-10:45. Register here.



Discover everything you need to know about BA(Hons) Interior Design. In this session on 19th January, 12:00-13:00 we will explore what you will learn on the course and how online study works at Falmouth.



Preventing Bullying in Schools - Free Psychology Online Taster Session with Bangor Uni. In this webinar on 21st January, 16:30-17:15, you'll explore what drives bullying, its impact, and how changing school culture—and empowering bystanders—can make a real difference.



University, Money and Me! 22nd January, 17:15-18:15. Whether you're heading to university next year or just exploring your options, this session is designed to give you confidence and clarity about the financial side of student life.

JOB OF THE WEEK



Editorial Assistant

Editorial assistants use excellent grammar and communication skills to help the editorial team produce and publish books, magazines, journals and online content. You'll need a great eye for detail, the ability to spot mistakes, commercial awareness of trends in the publishing industry, and excellent time management skills, so that you always hit strict deadlines.

LABOUR MARKET INFORMATION FACT

The UK employment rate for people aged 16 to 64 years was estimated at 74.9% in August to October 2025. This is down in the latest quarter, but largely unchanged on estimates a year ago.

Source

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



CAREERS NEWSLETTER

OPPORTUNITIES



UCAS has launched a new online tool that pulls together nearly 800 scholarships, bursaries and grants all in one place on the UCAS website for the first time. [Explore here.](#)



[Your guide to the UCAS Hub.](#) Every student can use their UCAS Hub to explore their own personal passions, skills, and attributes and create a dashboard with their tailored requirements.



Get ready for [National Apprenticeship Week 2026](#): 9th-15th February! The theme for NAW 2026 is 'Skills For Life'. A week-long celebration that brings together businesses and apprentices across the country to shine a light on the positive impact that apprenticeships make to individuals, businesses and the wider economy



Check out this [Events Map](#) to see what's happening in our area! Some events like SKILLSFEST are taking place from the end of January so explore the map and see which you feel would be most useful.



Join [this webinar](#) for a thought-provoking panel exploring how AI is transforming public services, and how apprenticeships are enabling NHS organisations and local councils to build the digital and data capabilities needed to deliver better services.



NAW 2026 Apprentices, Learners and Parents Toolkit. A tailored guide designed for apprentices, individuals and parents to get involved in NAW2026. [Download here.](#)



Did you know there are two entry routes into Policing with The Met?

- [Police Constable Degree Apprenticeship \(PCDA\)](#) or
- [Police Constable Entry Programme \(PCEP\)](#)

Become a [police officer](#), unlock your potential, support London's communities and make London a safer city for all. [Watch this video](#) to find out more.

EMPLOYER SPOTLIGHT

“At The BBC, our unique mission and purpose serves our audiences – in the UK and globally – with high-quality, impartial output and services which inform, educate and entertain.

We push boundaries, challenge thinking and produce content that people love. No matter the team you join or the role you're in, this is your BBC.”

Find out more [here.](#)

UNI SPOTLIGHT

“As a Falmouth student, you'll be challenged to think differently, break the mould and push the limits of possibility.

You'll have the freedom, support, and real-world opportunities to challenge conventions, think boldly, and explore the boundaries of what's possible. Our students fuel each other to push the limits of what creativity can do.”

Read more [here.](#)

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