



Headteacher's Comment

#ProudToBeChase

This week, we have begun welcoming prospective pupils and their parents and carers for tours of Chase High School. These visits provide an opportunity to see the school in action and witness first-hand how our pupils and staff demonstrate our values of **Ambition**, **Resilience** and **Kindness** every day, while striving for excellence both inside and beyond the classroom.

It has also been another busy and successful week. Our new Year 10 prefects have begun their important leadership roles, while our extra-curricular clubs are now fully under way. We were also delighted to see our Year 9 girls' netball team make such a fantastic start to the season with an impressive 32–5 victory against Southchurch High School.

We are currently inviting members of our community to consider joining our Local School Committee, which forms part of the school's governing body. This is a rewarding opportunity to contribute your experience, support the continued development of Chase High School and make a real difference to the lives of our pupils. Further information about expressing an interest can be found in this week's News and Views.



Meet our New Prefect Team

A big congratulations to our newly appointed Year 10 prefects! To celebrate their new roles, they were presented with their very own prefect ties — a symbol of the responsibility and leadership they will take on around school.

We are really looking forward to seeing them get involved, support other pupils and help make our school a better place. Well done to everyone who was appointed, and good luck in your new roles!



Absence Reporting

Parents and carers can report their child's absence quickly and securely through the **MCAS app**. Simply open the app, select **Attendance** and choose **Report an Absence**, providing the reason and any relevant information. Please do not report absences through the **Messaging** section, as these may not reach the Attendance Team promptly. A new notification should be submitted for each day your child is absent.



Extra-Curricular

There was an enthusiastic buzz around the school this week as our extra-curricular clubs get well underway! Please see the latest clubs offer attached, which has been updated with new clubs and room changes.



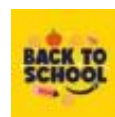
Road Safety Performance

Our Year 11 pupils took part in *Dead End*, an engaging road-safety workshop exploring the causes and consequences of dangerous driving. They watched a powerful performance before participating in an interactive question-and-answer session and forum-theatre activities, which helped to consolidate their learning. The pupils were excellent throughout, contributing thoughtfully and showing a mature understanding of this important issue.



European Day of Languages

This week, we have been celebrating the European Day of Languages through a challenge set by our Languages department. Tutor groups have been working together to work out who our seven masked linguists are and which language they speak. Which teacher can speak Italian? Who can speak French and who can speak German?



Year 7 Welcome Evening

On **Thursday 24 September** we would like to invite all Year 7 pupils and their parents to our Year 7 Welcome Evening taking place from 16.00 -18.30. During the event there will be an opportunity to meet your child's form tutor and a selection of subject teachers, find out about the extra-curricular clubs we have on offer and learn more about our curriculum and strategies to support your child.



National Teaching Assistant Day

Congratulations to Chloe Nicholls for receiving a certificate to celebrate the work she does with our pupils at Chase High. The certificate was awarded following the National Teaching Assistant Day nominations.



SPORT ROUND UP!

Our extra-curricular practices are now up and running! All pupils are welcome, please encourage your child to attend. Please see our extra curricular timetables attached and on our school website.

Our Year 9 girls' netball team beat Southchurch High School 32-5 on Wednesday. The players of the match were Lilyanna and Peyton. Well done girls! A fantastic start to the season!

Good luck to Fejiro in Year 11 who is travelling to Bedford this weekend to represent Essex in the Combined Events National Final. On Saturday, he will be competing in the long jump, javelin, discus and 400m. On Sunday, the events are hurdles, shot put, high jump, and 1500m. He has been training really hard for this event, so good luck Fejiro!

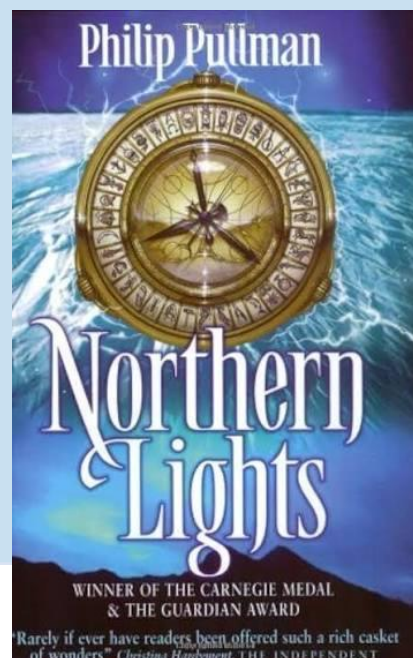


BOOK OF THE WEEK!

Northern Lights by Philip Pullman

The story follows Lyra Belacqua, a brave and curious young girl who lives in a parallel world where humans have animal companions called daemons. When her friend Roger disappears, Lyra sets out on a dangerous journey to the frozen North to find him.

Perfect for KS3



Dates for your Diary

24.09.26 – Year 7 Welcome Evening 16.00 – 18.30

08.10.26 – P16 Open Evening



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



[@chasehighschool](https://www.facebook.com/chasehighschool)



[@chasehighschool](https://www.instagram.com/chasehighschool)



[@chasehighsch](https://twitter.com/chasehighsch)



CHASE HIGH SCHOOL
AMBITION - RESILIENCE - KINDNESS

CHASE HIGH PE DEPARTMENT EXTRA-CURRICULAR TIMETABLE

1st HALF AUTUMN TERM 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Before School 7.30am-8.10am	Basketball All years girls IMA & STH Cross country All years boys & girls PCO	Rugby All years boys & girls AST & EPK Badminton All years SBI Basketball Year 11 boys PCO	Basketball Year 9 & 10 boys AST	Cross country All years boys & girls JGY & EPK Basketball Year 7 & 8 boys SBI & JGY	SDA (Invite only) IMA
Lunchtime 1.25pm-1.50pm	Basketball All years PCO	Basketball All years PCO Football All year 11 Chelsea Coaches	Basketball All years PCO	Basketball All years PCO	Badminton All years SBI
After School 3.15pm – 4.15pm	Basketball Year 9 boys and girls Invite only Southend Scorpions MDA Chelsea Football Year 10 and 11 Boys and girls	Rugby Year 9 & 10 boys PCO & AST Basketball All years girls EPK & IMA/STH	Rugby Year 7 & 8 boys JGY & SBI Basketball Year 10 & 11 boys PCO & AST Rugby All years girls STH/ IMA	Netball All years girls IMA/STH & EPK Basketball Year 7 & 8 boys JGY & SBI Football Year 9, 10 & 11 boys PCO & MDA	Football All years girls IMA Football Year 7 & 8 boys JGY, SBI, MDA & OAA Basketball Year 9, 10 & 11 boys PCO & AST

KS3 EXTRA-CURRICULAR TIMETABLE AUTUMN 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKTIME 11.00-11.20	SEN DEN D RINGROSE SEN	SEN DEN D RINGROSE SEN	SEN DEN D RINGROSE SEN	SEN DEN D RINGROSE SEN	SEN DEN D RINGROSE SEN
LUNCHTIME 13.25-13.50	SEN DEN V Verdana MM14 LRB V Knight MM19 Chat and Chill N Ringrose LG3 Keyboard Club A Clifford-Tait MU30 Computer Club N McGauley ML21 Board Games L Baylis ML12	SEN DEN V Verdana MM14 LRB V Knight MM19 Chat and Chill N Ringrose LG3 Board Games L Baylis ML12 Choir A Clifford-Tait MU30 Computer Club week 2 only S Butcher ML22	SEN DEN V Verdana MM14 LRB V Knight MM19 Chat and Chill N Ringrose LG3 RAP CLUB B Gbadedbo MU30 Board Games Club L Baylis ML12 Computer Club Wk 1 only S Butcher ML22 Minecraft Club N McGauley ML21 Dance Club J Kempton-Cassar MU34	SEN DEN V Verdana MM14 LRB V Knight MM19 Chat and Chill N Ringrose LG3 Chess & Board Games L Baylis ML12 Christian Lunch Bites J Whitfield LS6 LGBTQ+ G Bates LS5 Computer Club Week 1 & 2 S Butcher ML22 Music Time J Kempton-Cassar MU30 Geography Quiz Club E Govus tbc	LRB V Knight MM19 Chat and Chill N Ringrose LG3 Film Club J Whitfield LS6 Board Games Club L Baylis ML12 Advanced RPG Society invite only G Bates LS5 Computer Club Week 2 S Butcher ML22 French Listening Club D Emms LF2
AFTER SCHOOL 15.15-16.15	Dance Club C Sexton MU34 Homework Club L Baylis ML12	Homework Club L Baylis ML12 RPG & D&D G Bates LS5 UKMT Week 2 only A Blake/P McCarthy MU20 International Film Club E Saidou LF5 Book Club M Dewsbury ML38 ML39 Food Preparation & Nutrition Week 1 only N Heighway MM29/MM30 Film & Photography T Lloyd PS8 German Club Week 2 only S Jackson LF6 French Club D Emms LF2 ART Club Various MM42	Homework Club L Baylis ML12 Minecraft Club M Hall ML24 Spanish Club T Ohakwe LF3 ESPORTS N McGauley PS5	Homework Club L Baylis ML12 STEAM in Science V Holehouse/E Cheung ML4 Historical Miniatures Week 2 only A Gaboury LF1 Food Preparation & Nutrition Week 2 only C Spencer MM29/MM30 School Band B Gbadedbo MU30 Code Club S Butcher ML22 Drama Club S Larking MU34	Homework Club L Baylis ML12

KS4 EXTRA-CURRICULAR TIMETABLE AUTUMN 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKTIME 11.00-11.20	SEN DEN D Ringrose SEN	SEN DEN D Ringrose SEN	SEN DEN D Ringrose SEN	SEN DEN D Ringrose SEN	SEN DEN D Ringrose SEN
LUNCHTIME 13.25-13.50	SEN DEN V Verdana MM14 LRB V Knight MM19 Chat and Chill N Ringrose LG3 Keyboard Club A Clifford-Tait MU30 Board Games L Baylis ML12	SEN DEN V Verdana MM14 LRB V Knight MM19 Chat and Chill N Ringrose LG3 Board Games L Baylis ML12 Choir A Clifford-Tait MU30 Computer Club S Butcher ML22	SEN DEN V Verdana MM14 LRB V Knight MM19 Chat and Chill N Ringrose LG3 RAP CLUB B Gbadedbo MU30 Board Games Club L Baylis ML12 Dance Club J Kempton-Cassar MU34	SEN DEN V Verdana MM14 LRB V Knight MM19 Chat and Chill N Ringrose LG3 Chess & Board Games L Baylis ML12 Christian Lunch Bites J Whitfield LS6 LGBTQ+ G Bates LS5 Computer Club Week 2 only S Butcher ML22 Music Time J Kempton-Cassar MU30	LRB V Knight MM19 Chat and Chill N Ringrose LG3 Film Club J Whitfield LS6 Board Games Club L Baylis ML12 Advanced RPG Society invite only G Bates LS5 French Listening Club D Emms LF2
AFTER SCHOOL 15.15-16.15	Dance Club C Sexton MU34 Homework Club L Baylis ML12	Homework Club L Baylis ML12 RPG & D&D G Bates LS5 UKMT Week 2 only A Blake/P McCarthy MU20 International Film Club E Saidou LF5 Book Club M Dewsbury ML38 ML39 Film & Photography T Lloyd PS8 German Club Week 2 only S Jackson LF6 French Club D Emms LF2 DOFE S Walker & B Krawetzka PS7	Homework Club L Baylis ML12 DOFE S Walker & B Krawetzka PS7 Spanish Club T Ohakwe LF3 ESPORTS N McGauley PS5	Homework Club L Baylis ML12 STEAM in Science V Holehouse/E Cheung ML4 School Band B Gbadedbo MU30 Code Club S Butcher ML22 Drama Club S Larking MU34	Homework Club L Baylis ML12

Could You Help Shape the Future of Chase High School?

My name is Sundeeep Bamra, and I am incredibly proud to serve as Chair of Governors at Chase High School.

Being part of Chase High School is something that means a great deal to me. It is a school with a strong sense of community, committed staff and, most importantly, young people with enormous potential. I am proud to play my part in supporting the school, helping it continue to develop and ensuring that our students have the opportunities, encouragement and support they need to succeed.



My career in education has taken me across further education, technical and vocational education, safeguarding, curriculum leadership, employer engagement and senior leadership. I have worked at Senior leadership level, supporting young people to achieve, progress and develop the skills and confidence they need for their future.

For me, being a Local School governor is an extension of that commitment.

Local School Governors have an important role to play in helping a school move forward. We work alongside the Headteacher and senior leadership team, providing support, challenge and an independent perspective on the key decisions that shape the school. We ask questions. We look at performance. We consider safeguarding, finance, curriculum, careers, inclusion and student wellbeing. Most importantly, we keep coming back to one simple question:

“Is this making a positive difference for our young people?”

We are looking for new Co-opted Governors

We are now looking for people who would like to join the Governing Board at Chase High School as Co-opted Governors.

You do not have to work in education, and you do not need previous experience as a governor.

What matters is that you care about the future of young people, are willing to contribute and can bring your own experience, knowledge and perspective to the Board.

You may work in business, finance, HR, construction, law, health, safeguarding, education, community services, SEND, careers or another professional area. Your experience could be exactly what our Governing Board needs.

Being a governor is not about running the school on a day-to-day basis. It is about helping to shape its strategic direction, asking constructive questions, supporting and challenging leaders and helping ensure that every young person at Chase High School has the opportunity to succeed.

It is also a fantastic opportunity to develop your own skills in leadership, governance, strategy and decision-making, while giving something meaningful back to the community.

Could this be you?

I am incredibly proud to be part of Chase High School, and I would love to see more people from different backgrounds, professions and walks of life become part of our governing team.

Sometimes the most valuable thing you can bring is not previous governance experience, but a fresh perspective, your own life and professional experience, and a genuine desire to make a difference.

If you have ever thought about becoming a school governor, I would encourage you to get in touch and have an informal conversation about what the role involves.

Please contact me through Chase High School or email:

sbamra@discoveryeducationaltrust.co.uk

Sundeep Bamra

Chair of Governors

Chase High School

Your experience could help shape someone else's future.



CHASE HIGH SCHOOL
AMBITION - RESILIENCE - KINDNESS

VACANCY FOR A **PARENT GOVERNOR**



We have a vacancy for a Parent Governor on our governing body and warmly welcome applications from parents and carers who want to help our school and make a positive difference for our students.



WHAT DOES A GOVERNOR DO?

- Work as part of a team to set the strategic vision and direction of the school.
- Hold the headteacher to account for educational performance.
- Oversee the financial performance of the school and make sure funds are well spent.
- Provide a vital link between the governing body, parents and the local community.



WHAT SKILLS DO YOU NEED?

- No special qualifications or prior experience are required.
- You just need enthusiasm, an interest in children's education and a willingness to ask questions and learn.
- Free training and full support are provided.



TIME COMMITMENT

- Attend approximately 3–6 meetings per year.
- Occasional visits to the school during the school day.
- A willingness to read paperwork and prepare ahead of meetings.



ELIGIBILITY

- You must be the parent or carer of a registered pupil at Chase High School at the time of your election.



HOW TO APPLY OR FIND OUT MORE

Please contact:

katrina.walsh@chasehigh.org



CHASE HIGH SCHOOL

*All
Welcome!*

EPAA AND HOSPITALITY
INVITE YOU TO OUR

FUNDRAISING
CURRY
AND
QUIZ NIGHT

GREAT FOOD | FUN QUIZ | SUPPORT OUR SCHOOL

£10
PER TICKET

*Test
your
knowledge!*



*Bring
your friends
and family!*



THURSDAY
15TH OCTOBER 2026



7PM



CHASE HIGH
SCHOOL

DELICIOUS CURRY



FUN QUIZ



A GREAT CAUSE

ALL PROCEEDS GO TOWARDS
NEW STAGE LIGHTING
AND HOSPITALITY EQUIPMENT



PAYMENT VIA

ParentPay

Please purchase your tickets
via ParentPay

*Eat
Quiz
Support
Make a difference!*



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.

 [Listen to this newsletter](#)

OPPORTUNITIES



Recycle Week 2026 takes place from September 14 to September 20, 2026, with the theme "Rescue Me" focusing on rescuing recyclable items from the rubbish bin. Recycle Week is a great opportunity to think about how the choices we make today can shape a more sustainable future, and the careers that can help make it happen.



Recycling is about much more than putting the right item in the right bin. Behind it is a huge range of people and careers working to reduce waste, protect natural resources and develop new ways of reusing materials.



The Environmental Agency are running a virtual work experience opportunity. Students aged 13+ can explore Environment Agency careers, sustainability, flood and coastal management through interactive activities. The programme is self-paced and provides a certificate to add to CVs.

This online programme focuses on sustainable Careers in Forestry. It allows you to explore careers including forest ranger, nursery grower and forestry consultant. You will investigate conservation and sustainable woodland management while developing valuable employability skills including teamwork, communication and problem-solving.



The Heathrow Environmental Engineering Sprint is aimed at students aged 16+ who are considering a career within environmental engineering, and want to experience tackling a realistic sustainability and biodiversity challenge. This is a great opportunity to experience how engineering can help organisations become more environmentally sustainable.



Green Jobs for Nature (GJfN) is all about making careers geared towards restoring and replenishing our natural environment more visible and achievable for all those thinking about their future work. The Green Jobs for Nature website is focused on the 'nature' side of green jobs, specifically roles that directly contribute to managing, protecting and restoring our natural world.



The environment needs diverse perspectives and passionate individuals to pursue nature-focused careers. Could this be you? Take the quiz here.

JOB OF THE WEEK



Environmental Consultant

An environmental consultant helps businesses and governments follow environmental rules and reduce their ecological impact.

Competition for entry-level roles can be strong, but demand for environmental expertise continues to grow due to increasing regulation, net-zero commitments and the need for climate adaptation across the UK.

LABOUR MARKET INFORMATION FACT

Here are the top five best paid "green jobs" in the UK. This shows their average salary per year.

Environmental Lawyer - £82,875
Geoscientist - £75,000
Environmental Policy Advisor - £45,000
Sustainability Director - £63,105
Renewable Energy Engineer - £61,000

Source

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



CAREERS NEWSLETTER

OPPORTUNITIES

In this live, [interactive Politics session on 17 September](#), University of East Anglia will be joined by Dr Sally Broughton Micova, Associate Professor in Communications, Policy & Politics in the School of Politics, Philosophy and Area Studies at UEA, who will explore Election Interference – Source, Method & Significance. The session is designed to support students' current studies whilst offering an insight into university study.



[CreaTech Careers Festival](#) takes place from 23–25 September 2026. The three-day festival explores careers at the intersection of creativity and technology, covering Screens & Storytelling, Live Stage & Experience, and the Future of Creativity. You can expect short talks, real career stories and practical advice from people working across the creative industries. All online, all on demand.



At the [Introducing Deloitte event on 28 September](#), you'll learn more about Deloitte, their people and their culture. You'll also gain insight into what it's like to work at Deloitte and network with the people who work there. Hear from colleagues as they share personal insights into their journey at Deloitte and what their career means to them. You'll then get an overview of the career opportunities available to you. Towards the end of the session, you'll network with Deloitte representatives from different areas of the business, choosing the career paths you want to discover more about. [See other Deloitte events here](#).



With IBM's apprenticeships and internships opening soon after [this event on 7 October](#), you'll have the freshest insights to power your application. Mentioning this event and your key takeaways is a fantastic way to prove your genuine passion for the industry and IBM and stand out from the crowd.



ADM are an essential global agricultural supply chain manager and processor, providing food security by connecting local needs with global capabilities. ADM career areas include: Commercial, Credit, Customer Service, Engineering, Finance, IT, Logistics, Maintenance, Operations (including business strategy, procurement, production, warehouse, dispatch and distribution), Production, Risk and Sales. They are running a [virtual insight session](#) from 14 October.



EMPLOYER SPOTLIGHT

[Aldi](#) is one of the UK's largest supermarket chains, with stores and distribution centres across the country. Its early careers opportunities can include apprenticeships and graduate programmes covering stores, logistics, buying, property and business functions.

For young people who enjoy working with others, solving problems and taking responsibility, Aldi offers routes into retail and management with structured training and opportunities to progress.

UNI SPOTLIGHT

[The University of St Andrews](#) is Scotland's oldest university, based in the coastal town of St Andrews in Fife. It offers subjects across science, humanities, social sciences and medicine and is known for its close-knit student community. Students can explore flexible degree options, study abroad opportunities, societies, volunteering and careers support. It may particularly appeal to students looking for a smaller university-town experience.

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



CHASE HIGH SCHOOL

SIXTH FORM OPEN EVENING

Thursday 8 October
16:00 – 19:30



AMBITION - RESILIENCE - KINDNESS

At Chase High Sixth Form, we provide the freedom, support, facilities, and care to help you take your next step into university, apprenticeships, or even employment.

For more information or to book a tour please email **sixthform@chasehigh.org**

Asthma Newsletter

Winter 2026

Mid and South Essex
Community Collaborative



Did you know flu is a major trigger for asthma attacks?

Want to know how to protect your child this winter?

Follow the Community Children's Asthma Nurses top tips:

- Take your **preventer** inhaler everyday.
- Always use a **spacer** unless you have a dry powder inhaler.
- Make sure you get your **flu vaccine**.



We need a spacer to ensure the medicine gets to our lungs.



What does a "preventer" inhaler do?

1. It reduces the swelling and inflammation within the airway in the lungs.
2. This makes the airways less sensitive to asthma triggers.
3. Using it every day as prescribed, will mean you need to take your rescue (blue) inhaler less.

According to UKHSA data the flu vaccine is up to 75% effective at preventing hospital attendances due to flu.

What is good asthma control?

1. **No symptoms during the day.**
2. **No symptoms waking them at night.**
3. **Able to complete all normal activities including PE.**
4. **Little/ no need for the rescue (blue) inhaler.**



If you are worried that your child's asthma is not controlled despite preventer treatment, please visit your GP for an asthma review and why not discuss referral to the Children's Community Asthma Service.