Friday 6 November 2026

# NEWS & VIEWS

Ambition – Resilience - Kindness

Headteacher; Mr Suttenwood



## Headteacher's Comment

It has been a positive first week back at Chase, and it has been wonderful to welcome our pupils and staff following the half-term break. Before the holiday, our Hospitality and Elite Performing Arts pupils hosted our first fundraising event of the year. More than 60 people attended the Quiz and Curry Night, enjoying delicious food prepared and served by our pupils alongside some fiercely competitive quizzing. Thank you to everyone who supported the event and well done to all the pupils involved.

With many families attending firework displays this weekend, I would like to remind everyone to enjoy these events safely and responsibly. Please follow the instructions provided by event organisers and ensure that children remain closely supervised.

The mornings and evenings are also becoming noticeably darker. If your child cycles to or from school, please ensure that their bicycle has working front and rear lights and that they can be clearly seen by other road users. A few simple precautions can make a significant difference to their safety.

Next Wednesday, the whole school will come together for our Remembrance event. This is an important opportunity for our community to reflect on the service and sacrifice of members of the armed forces, veterans and their families, both past and present. Our Junior Leadership Team will continue selling poppies in support of the Royal British Legion, and I know that our pupils will approach the event with the maturity and respect it deserves.

I hope that everyone has a safe and enjoyable weekend. **#ProudToBeChase**




## Tin Challenge Reminder

Chase High School is proud to be working together with the Trussell Trust to collect tins of food to be passed to those in need this Christmas. We would like to remind pupils and staff to each bring in two tinned food items to get to our 2000 tin target. Tins will be collected every morning at tutor time between **Monday 9 November and Friday 4 December**. Working together, the whole Chase community can transform two tins into hundreds of food parcels this Christmas!



## Poppy Appeal

Ahead of our Remembrance Event taking place on **Wednesday 11 November**, we are selling poppies to raise money for the Royal British Legion. Members of our Junior Leadership Team will be visiting tutor groups, asking for a small donation in exchange for a poppy. Wearing a poppy is a way of showing appreciation for the service and sacrifice of our armed forces, veterans and families, both past and present.

# SPORT ROUND UP!

This week has been a very successful week for Chase High PE. The Year 10 boys' football team beat Cecil Jones Academy 3 - 0 in the SEEC Cup and have moved onto the quarter finals. The Chelsea Football Academy boys' team beat Beauchamps, meaning that they remain unbeaten in the league. Our Junior Boys Cross Country team headed to Felsted School to compete in the Schools Cup Regional Finals. The boys put on an excellent performance, coming 8th overall. They are the first team in Chase High History to reach the Cross Country Final. Well done to all who competed, we are very proud.



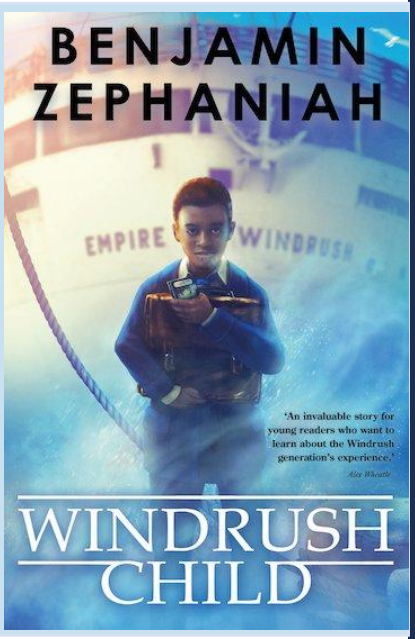




# BOOK OF THE WEEK!

## Windrush Child by Benjamin Zephaniah

A powerful, illustrated story about Leonard, a young Jamaican boy who leaves his home and travels to Britain with his mother to join his father. Excited about his new life, Leonard soon discovers that Britain is very different from the warm, familiar world he has left behind. As he experiences the challenges of settling into a new country, including racism, prejudice and feeling like an outsider, he gradually finds his place and begins to understand the importance of family, identity and belonging. Inspired by the experiences of the Windrush generation, the book introduces young readers to an important chapter of British history and celebrates the courage and resilience of those who helped shape modern Britain.




## Dates for your Diary

**11.11.26** Whole School Remembrance Event
**17.11.26** Year 10 and 11 Flu Vaccinations/ Year 12 and 13 Parents' Evening
**18.11.26** Author Visit – Christian Foley


CHASE HIGH SCHOOL
SIXTH FORM
TOURS
EVERY TUESDAY & THURSDAY
9AM – 10AM
TO BOOK, EMAIL:
sixthform@chasehigh.org
AMBITION
RESILIENCE
KINDNESS
CHASE HIGH

CHASE HIGH SCHOOL

AMBITION - RESILIENCE - KINDNESS

# YEAR 12 & 13 PARENT EVENING

Tuesday 17th November
4pm until 7pm

Sixth Form Building

Letters regarding booking appointments via SchoolCloud have been sent.

# FOCUS TOOLS

## Small. Silent. No goo.

## ACCEPTABLE



Textured strip



Solid silicone ring



Small fabric fidget



Silent puzzle links



Textured thumb stone

Small enough to fit in one hand
Silent and free from liquid or gel

## NOT ACCEPTABLE



Slime, putty or goo



Liquid- or gel-filled toys



Clicking or rattling toys



Large plush toys



Noisy pop tubes



Rattling bead toys

# A tool to support focus

## Keep it discreet. Keep listening. Keep learning.

Check with your teacher before use. Follow your agreed support plan.

CHASE HIGH CAREERS

# 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

Green Careers Week takes place from 2nd-6th November 2026. A green career can be any job, role or occupation that contributes to preserving or restoring the environment and our planet. It can be any industry, not just those seen as 'green'. Green skills are abilities, attributes, values, attitudes, knowledge, and technical skills needed to adapt services, processes and procedures to support climate change.

Click the logos on this page to see how these companies and many more are raising awareness of green careers through activity resources, case studies, webinars, videos, events, and employment information.

The Green Buzz Quiz is designed to help you explore green careers that match your personality strengths. During the quiz, you self-identify your preferences across four different parts of your personality. There are no "wrong answers", so it is not a test. It is designed to help you better understand yourself, which can be a useful starting point to build self-awareness and help you make more informed decisions about the choices you will face in all areas of your life.

Here are a range of video resources that help you to explore green careers:

- STEM Learning
- Green Horizons
- ISEP's Day in the Life

ProGRESS is a Green Careers Podcast featuring people working in sustainability consultancy, conservation, ecology, environmental research, sustainable business, architecture, planning and other values-led careers.

Environment Agency Virtual Work Experience: Your Environment, Your Career. This is a free, on-demand virtual work experience for ages 13+, taking around 6+ hours. You will explore flood and coastal risk management, climate resilience, careers and employability skills, and receive a certificate. It's currently available through February 2028.

The BCG's Climate & Sustainability practice brings together more than 1,000 experts covering the full range of sustainability topics, including biodiversity, circular economy, decarbonisation, sustainable agriculture, transition financing, water management, and other ESG topics to support our clients around the world. In this work experience programme, you'll be working with BCG client Fast Cars to help them reach their Carbon Emissions Reduction targets.

## JOB OF THE WEEK

Pharmacologist

Pharmacologists study the effects of drugs and chemicals on living things and develop new products to help tackle disease.

In terms of routes into this industry, an undergraduate degree in pharmacology, biochemistry, or a related biomedical science is often followed by an MSc or PhD for research roles. Alternatively, a Level 7 Degree Apprenticeship is available.

## LABOUR MARKET INFORMATION FACT

The UK had an estimated 652,100 full-time equivalent green jobs in 2024 — around 28% more than in 2015.

This means there were approximately 142,000 additional green jobs compared with 2015.

*Source*

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

CHASE HIGH CAREERS

# CAREERS NEWSLETTER

## OPPORTUNITIES




Interested in a Green Career within the Legal sector? White & Case's virtual programme allows you to gain first-hand insight into life as a White & Case lawyer and experience the realities of working on cross-border environmental, social, and governance matters. This programme offers you the chance to develop crucial skills in ESG due diligence, legal analysis, and corporate sustainability, providing you with real-world experience that will set you apart during future application processes.



Financial institutions also have a crucial role to play in combating climate change. At Oliver Wyman, they aim to be the world's leading consultancy for measuring the impact of climate change and managing its strategic implications for financial services. During this programme, you will get the opportunity to step into the shoes of a consultant at Oliver Wyman and replicate their team's everyday work. You'll learn key skills in data analysis, benchmarking, effectively communicating complex information, and more.



Destination STEM have created a virtual Careers Fair. This 360-degree online careers exhibition is aimed at supporting young people to explore the work of those mitigating and adapting to the challenge of climate change.

Green Careers Hub case studies provide a glimpse into the range of organisations and green jobs where individuals can be found working to transform the world towards sustainability. These videos and interviews show you the real-life stories of individuals applying green skills in their jobs, spotlighting how they operate on a day-to-day basis.



The Aviation Industry Skills Board (AISB) has launched brand-new, free Career Simulations on Springpod. Step into real aviation roles, tackle real-world challenges and hear from people who do the job today.



There are a range of celebration and awareness events taking place in November. We will highlight them in future editions of the newsletter, but so that you have visibility of them ahead of the month, here are the different websites: Tomorrow's Engineer Week, Discover Creative Careers Month, Care Leavers Month and Anti-Bullying Week.

## EMPLOYER SPOTLIGHT

The BBC is the UK's public service broadcaster, producing television, radio, news, online content and entertainment. Behind the programmes are careers in journalism, production, technology, engineering, data, business, marketing and many other areas. Its early careers offer includes apprenticeships, trainee schemes and taster experiences. This makes the BBC worth exploring for students interested in creative careers as well as those interested in technology and business.

## UNI SPOTLIGHT

The University of Manchester is a large research university based close to Manchester city centre. It offers hundreds of courses across science, engineering, humanities, social sciences, business, medicine and healthcare. Students can access societies, volunteering, placements, study abroad and careers support. Its location also puts students close to major employers and growing sectors including digital technology, healthcare, engineering, media, finance and the creative industries.

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

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. For further guides, hints and tips, please visit nationalcollege.com.

# What Parents & Educators Need to Know about

# ADVERTISEMENTS AIMED AT CHILDREN

## WHAT ARE THE RISKS?

Children are particularly vulnerable to the persuasive effects of advertising because of their still-developing critical thinking and impulse control skills. Children are regularly and passively exposed to advertising online, whether through influencers, paid advertisements, or sponsored content. Although 92% of 12–17-year-olds felt confident recognising online advertising, only 37% correctly identified sponsored adverts in search results.

### INFLUENCER MARKETING

Influencers are an increasingly prominent part of children's online experiences, with four in ten 3–17 year olds who watch online videos reporting that they watch influencer content as entertainment. Influencers can appear credible, relatable, trustworthy and aspirational. Although seven in ten 12–17 year olds recognised a paid partnership, some believed products were promoted because influencers liked or thought they were 'cool'.

### PARENTAL PRESSURE TO PURCHASE

Children's exposure to online advertising can pressure parents to buy products they see advertised. When told no, children may feel upset, treated unfairly or left out when comparing themselves with peers. With children potentially seeing up to 40,000 adverts a year, parents cannot meet every request. This can lead to arguments and put strain on family relationships.

### UNREALISTIC EXPECTATIONS

Advertising often focuses on the positive effects of a product, which can create unrealistic expectations among young people. Children may be particularly susceptible to these claims when they do not recognise the persuasive intent behind them. They may be more likely to believe that a cream will 'transform' their skin, clothing will help them fit in, or protein powders will quickly build muscle. Repeated exposure to adverts such as beauty content can normalise unrealistic expectations and create material dissatisfaction or body image concerns.

### HARMFUL ADVERTISING

Children can encounter online advertising through games, videos, social media and links, meaning they may see content that is inappropriate for their age. This can include products or messages that influence attitudes towards body image, health or behaviours such as gambling. Repeated exposure to beauty content can normalise adult-oriented beauty routines and psychological pressure.

### UNINTENDED PURCHASES

Online advertising can encourage young people to make purchases. Ofcom found that 58% of 8–17 year olds had spent money online, with 27% saying adverts encouraged them to spend and 22% influenced by influencer content. Despite this, a third of the children regretted an in-game purchase, while almost half said they were unclear about what they were buying. This can lead to children spending more than intended or making purchases without fully understanding the cost or product, adding pressure on parents to spend.

### LACK OF ADVERTISING TRANSPARENCY

Advertising is not always obvious to children, particularly when influencers promote brands, products or services without clearly stating that it is an advert, or when advertising is embedded within entertaining content and uses positive language. Children may not realise that the adverts are promoting something, making the recommendation seem more trustworthy and more influential.

## Advice for Parents & Educators

### TEACH CHILDREN HOW TO SPOT ADS

Help children to recognise when content is trying to sell them something. Teach them to look for signs such as '#ad', 'sponsored', 'paid partnership' as well as promo codes or product links attached. Explain to your child that these adverts can be embedded within videos, social media posts, games or influencer posts and are not always obvious to identify. Helping children recognise these advertisements can make them less likely to be influenced by them.

### DEVELOP CRITICAL THINKING SKILLS

It is important to encourage children to question what they see online rather than automatically believing it. Encourage them to stop and think before clicking. Have them ask themselves, 'Why am I seeing this?' and 'What are they trying to get me to want/buy?'. Remind them that adverts and influencers only highlight the positive aspects of a product. By developing these skills, children will begin to recognise, question, and respond to manipulative marketing practices.

### ENSURE PAYMENT DETAILS ARE LOCKED DOWN

Avoid saving your bank card details on children's devices, games or apps wherever possible. This can help reduce the risk of children making accidental or impulsive purchases following seeing an advert. Check the purchasing settings on games and social media accounts and use parental controls or purchase approval settings where possible. Talk to your child about the importance of asking before making a purchase online.

### ENCOURAGE OPEN COMMUNICATION

While it is important to set age restrictions on games and social media, inappropriate adverts can still slip through. Talk regularly with your child about adverts or influencer content they see online. Open communication makes it easier for your child to come to you if they have any questions about products or inappropriate content. It also helps you understand what your child is being exposed to online and where they may need support.


## Meet Our Expert

Dr. Claire Sutherland is an education consultant and digital safety expert, with a background in primary teaching. She combines her PhD research in cyberbullying with hands-on experience, delivering impactful digital wellbeing workshops and policies for schools across Australia and now in the UK.




#WakeUpWednesday®

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