



Headteacher's Comment

It was fantastic to see the Science department spark curiosity in assembly this week as we marked British Science Week. There was a real buzz in the room and it was lovely to see pupils so engaged and excited about science.

We also continued our celebrations of International Women's Day, with staff and female pupils receiving handwritten postcards from pupils sharing how they have inspired them. These thoughtful messages were a small but powerful way to recognise the positive influence people in our community have on one another.

It was another lovely moment of our ARK values in action and a great reminder of the kindness and appreciation that runs through our Chase community.

#ProudtobeChase



International Women's Day

To mark International Women's Day, we have been recognising and celebrating the women who have changed us for the better!

Last week, our male pupils signed up to cook a meal that they could take home for a woman who has supported them. Our female pupils invited a woman in their life to our International Women's Day showcase. The event celebrated our female pupils at Chase High, featuring art work, poets, speeches, singers and dancers from all year groups. The event allowed for female pupils and their guests to reflect on the women in their lives.

In English lessons this week, all pupils were also given the opportunity to write a postcard to celebrate a woman at Chase High. Pupils addressed postcards to their female friends, heads of year, teachers, office staff and the incredible women in the cafeterias. These postcards were then delivered so that recipients received the thoughtful messages.



Parents
Evening

Year 7 Parents' Evening

We are holding our Year 7 Parents' Evening online on Thursday 19 March 2026 from 16.00 and hope all parents/carers take this opportunity to speak to staff about their child's attainment and engagement. The booking system is now open. If you are having difficulty booking appointments, please contact the Year 7 Head of Year on stewart.biggie@chasehigh.org

CLICK HERE TO BOOK NOW!





Year 8 Take your Child to Work Day:

On Wednesday, over 100 Year 8 pupils ventured out into the world of work with their parents or a trusted adult. It has been great to hear about the various tasks carried out as part of a working day here in our local community and, in some cases, further afield. Year 8 have made a fantastic job of being photographers, office managers, decorators, administrators, teaching assistants, fundraisers and plumbers, to name just a few roles that our pupils have taken on this week. New specialist skills have been learned along the way as well as valuable experience gained with communicating, organising and working as a team. Thank you very much to all our parents and carers who supported our pupils this week - we have had some wonderful feedback and are very pleased to hear their experiences were valuable.



SPORTS ROUND UP!

Our Year 11 boys' rugby team won 28-12 vs Southchurch High School. Player of the Match was Syon.

Our under 15 girls' basketball team was defeated by a strong Southend High School for Girls team. Player of the Match was Tiggy.

Our Year 9 boys got to the semi-final of the Essex Rugby 7s Tournament, losing to St Thomas More 4-2. Player of the Match was Elliott.

The Year 9 boys' football team lost 4- 2 to Saint Thomas More in the quarter final of the South East Essex Cup. Player of the Match was awarded to Dexter.



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Year 13 Business Students' Mock Interview Event

As part of their coursework, our Year 13 Business students organised a mock interview event with five members of the Adventure Island recruitment team. The event was mainly for Year 12 students, giving them the opportunity to practise interview skills and receive feedback from industry professionals, while some Year 13 students also took part for additional experience.

Students who impressed the interviewers were offered the chance to turn their mock interview into a real interview for potential job opportunities.

The Year 13 events team managed all aspects of the event, including logistics, marketing, catering, and scheduling interviews. There was also dedicated student support team who coordinated appointment times and ensured the day ran smoothly.



British Science Week

This week we celebrated British Science Week with a series of curiosity themed assemblies and activities across the school. Maths, Science and D&T teachers explored how curiosity drives discovery and innovation in STEM, while Year 7 pupils created their own "curiosity cards" filled with questions for teachers to answer, with top entries set to receive a special STEM prize. We were also pleased to welcome STEM Ambassador Jade Gray, who spoke to Year 9 about Earth's history, human impact and her journey into engineering, inspiring pupils to consider how curiosity can help shape a better future.



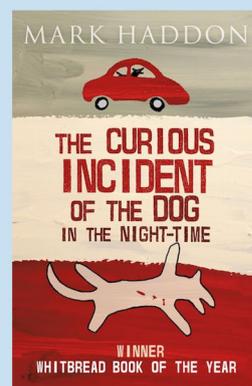
BOOK OF THE WEEK!

The Curious Incident of the Dog in the Night-time by Mark Haddon

Age recommendation: 14+ (Young Adult)

Short synopsis: Christopher isn't like other teenagers. He finds it difficult to talk to other people, hates being touched and reacts badly to certain colours. He knows a great deal about maths and very little about human beings. When the neighbour's dog is murdered, he sets out on a terrifying journey to find out who did it.

Why choose this book: "A remarkable book... An impressive achievement and a rewarding read." - Time Out.



Dates for your Diary:

16.03.26 Year 11 Geography Trip

26.03.26 ARK Assemblies

19.03.26 Year 7 Parents' Evening Online

27.03.26 End of Term – School Closes to Pupils at 12.45

20.03.26 100% Attendance Rewards Event

13.04.26 Pupils Return to School



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What Parents & Educators Need to Know about STREAMING SERVICES

Streaming services are platforms that allow users to watch cartoons, documentaries and movies online immediately (often referred to as SVoD: streaming videos on demand). Ofcom reported that children and young adults prefer streaming services to traditional TV. With two-thirds of UK households subscribing to at least one streaming service, parents must understand how to manage screen time, set age restrictions and ensure safe viewing.

WHAT ARE THE RISKS?

COSTLY

Subscription services can be costly. As the main source of entertainment, most households have at least one streaming platform, and each platform has its own monthly subscription fee. Services are charging more for ad-free viewing, and better quality and resolution; however, there is a cheaper option with adverts. Due to price increases, Netflix and Disney+ reported a sharp increase in users subscribing to their ad-supported tier in 2025.

ILLEGAL STREAMING

Sharing passwords or using modified Fire Sticks to access streaming content without permission is illegal. Most streaming services have now put measures in place to detect account sharing. When account sharing is identified, platforms will offer an opportunity to pay for an added member or will ask the user to verify who they are.

AGE-INAPPROPRIATE CONTENT

Most streaming platforms allow users to set up a profile for each family member, with the option of putting specific restrictions in place. These include adding a profile lock or PIN, controlling autoplay of previews and next episodes, and limiting content based on age ratings. Nonetheless, these restrictions aren't foolproof. Content which is rated as suitable for an age group may still include themes, language, or images which children and families find inappropriate.

EXCESSIVE SCREEN TIME

Excessive screen time contributes to sedentary behaviour and can negatively impact physical and mental health. Ofcom found that 4- to 15-year-olds averaged 2.5 hours per day across all video-sharing platforms, not including gaming. The vast range of content available, combined with features such as autoplay, makes it easy for children to watch for extended periods of time.

BINGE WATCHING

Features such as autoplay make it easy for viewers – especially young people – to continue watching episodes without a break. This can foster unhealthy and addictive patterns, such as consuming a vast amount of content in one sitting. With binge watching come a lack of social interaction, lack of physical exercise, and often late nights and sleep disruptions which impact their mental and physical wellbeing.

HARMFUL STEREOTYPES

Many platforms track viewing habits, time consumed, and preferences, and generate recommendations to encourage your child to keep watching. This results in your child being in a 'loop' whereby they think the 'recommended' shows would be something they would enjoy rather than thinking critically for themselves. This can shape their beliefs, values, and understanding of the world from a young age without even realising it.

Advice for Parents & Educators

SET UP INDIVIDUAL PROFILES AND ADD PINS

Almost all streaming services allow users to set up individual profiles where each family member can have age restrictions put in place for the content they can view. Adult profiles can be protected through the use of PIN. Keep this private. Use the options of putting specific restrictions in place such as controlling autoplay of previews and next episodes, and limiting content based on age ratings.

MONITOR AND TALK OFTEN

Discuss with your child what they are watching, find out which programmes are trending, and watch them yourself. Have a little look at their watch history to check the content of what they're watching. Some platforms have been known to recommend or autoplay older or graphic content after a child's movie has been played. While some tv shows or movies may have a suitable age rating, your child may still find the content scary, or it may explore themes you don't want to explore with your child yet.

TALK ABOUT ALGORITHMS

Talk to your child about how streaming services track what they watch, and base adverts and recommended shows/movies on previous viewing. Encourage them to critically think about whether the recommendations are suitable and how they want to spend their time. Discuss stereotypes with your child and challenge them to think about what they watch and how this may influence their beliefs.

SET TIME RESTRICTIONS

Many streaming services offer the opportunity to buy movies, or add additional features to your subscription such as sports channels, as well as play games. This can increase the amount of time young people spend sitting idly in front of the screen. Some platforms (e.g. Apple TV+) allow you to set screen time restrictions. If the streaming service doesn't allow you to set screen time limits, set a family rule and stick to it.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator, and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian Government, comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



See full reference list on our website



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



View TechSheCan's full diary of LIVE Lessons and Assemblies and remember, all of their lessons and assemblies are available to watch on demand at anytime.



Preparing For Your Future is your FREE online learning programme. Sign-up for free and complete the 5 courses to boost your skills and career confidence. Get a certificate for your CV when you complete each course! Courses include "All about you" and "You, your education and training".



Young Apprentices Network have a bank of information on some of the biggest employers work experience opportunities. When you click the opportunities, you are taken directly to the employers website (so students would be required to apply individually for each one they're interested in).



The ERIC video library for schools, colleges & unis has a BIG new batch of videos available on Monday 2nd March for National Careers Week! ERIC also have a free spreadsheet of creative careers contacts so if you're interested in finding work experience or apprenticeships in a creative profession, this could be a good place to start your research.



Watch TechSheCan's brand-new Katie & Tex episode all about tech for online gaming and how to stay safe! In this episode, Katie and Tex meet Sara Cornish from Minecraft, who shares how young gamers can stay safe while playing online. She also explores the exciting future careers they could have in the world of gaming and tech.



Beyond NCW2026, we also have two more celebration events in March. British Science Week takes place from 6th-15th March 2026. The activity packs for British Science Week 2026 are available to download free now.



Empathy Week, a FREE annual festival taking place from 9th-13th March 2026. Under the theme What's Your Spark?, students aged 5-18 can explore what makes them, and others, shine through film resources, inspiring online talks & live in-person events.

JOB OF THE WEEK



Concierge

Working in hotels or resorts, Concierges assist guests with bookings, travel advice, and personalised services. While formal qualifications aren't required, experience in hospitality or customer service is essential. Common entry routes include roles such as receptionist or guest services staff, and volunteering in customer-facing positions to help build relevant experience.

LABOUR MARKET INFORMATION FACT

About 54% of Student workers are in sales assistant or service roles. Among school-age student workers it was over two-thirds (70%) of workers in these jobs. Students earn and learn to fund their education, personal items or activities, or to save.

Source

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



CAREERS NEWSLETTER

OPPORTUNITIES



Small Business Summer is a brand-new careers campaign brought to you by Amazing Apprenticeships. To find out more about this exciting campaign please watch the [recorded launch webinar](#).



Check out Springpod's new *Skills For Life* programmes to explore different pathways and qualifications like T Levels and Higher Technical Qualifications [here](#).



More than 4 million people listen to the Squiggly Careers Podcast. It's weekly episodes full of practical tips, tools and techniques to help you be your best at work. Find it [here](#)



40 Minute Mentor is on a mission to raise aspirations and inspire the next generation of category-defining Founders, through powerful career stories and inspirational mentorship. [Click here for more](#).



It can be really daunting knowing how to approach your career. Ali explores the strategies and tools that help us live happier, healthier and more productive lives - and the 7 career tips. Find out more [here](#).



LinkedIn Learning is an online learning platform with over 13,000 courses taught by real-world experts and a library that is constantly up to date. Learn the relevant skills you need to build the experiences that will help you reach your definition of success. Start learning [here](#).



4 Tips to Future-Proof Your Career!

Education and workforce strategist Michelle R. Weise offers practical advice to help you identify the skills and talents to ace your next career change - and all the ones to come. [Watch here](#).



Welcome to Creative Alliance's Creative Careers Education Toolkit. [Here you'll find](#) information and advice about: The jobs people do; The skills people need; The routes people take into creative careers, including links to many other sources of careers education and creative industry jobs and opportunities board.

EMPLOYER SPOTLIGHT

"At Marriott, you can be a part of something bigger than yourself, be inspired by what's possible and discover your own future. When you join us, you can begin your purpose, belong to a global community, and become the best version of you."

You can [read more about careers at Marriott here](#).

UNI SPOTLIGHT

"Uni of Gloucestershire is a vibrant and friendly university welcoming students from all over the world. Our smaller size means we have a strong sense of community with outstanding support systems that enable students to thrive."

You can [read more about the University of Gloucestershire here](#).

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