



## Headteacher's Comment:

I am so proud to see Chase High pupils coming to school on time and immaculately dressed for school and sixth form. I have received numerous comments from members of the public about the politeness and appearance of Chase pupils. It has been an excellent start to the academic year, and it is great to see and feel the positive energy in and around lessons.

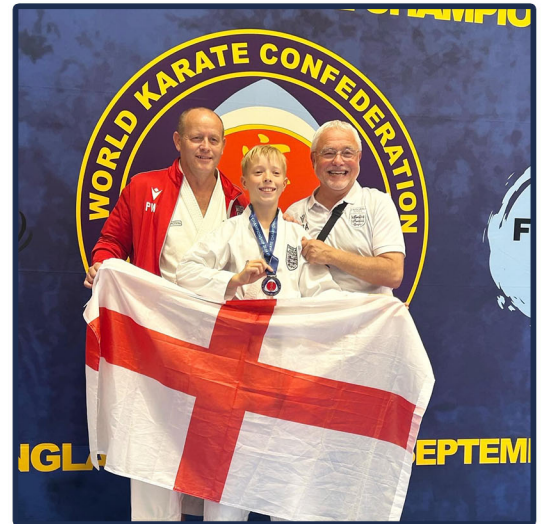
Are you interested in becoming a governor at Chase High School and Sixth Form, working with me and the senior team to further improve the quality of education and experiences we provide for the pupils here? If so, please contact [Samantha.walton@chasehigh.org](mailto:Samantha.walton@chasehigh.org) for more information.

#ProudToBeChase



## Well Done Max!

Congratulations to Max in Year 8, who represented the AMA England squad at the World Karate Championships this weekend. He won the gold medal in Kata, making him the World Champion for his age group!



## Hairspray Trip:

This week our Year 11 Performing Arts class were lucky enough to see Hairspray at the Cliffs Pavilion. Everyone really enjoyed show and were dancing in the audience in the finale. Students have been looking at Hairspray as a performance piece for their Component 2 for BTEC Performing Arts. Everyone now has high aspirations to replicate the professional work!



## Student Voice:

Over the last two weeks, students have been elected to be tutor representatives, supporting their tutor with information, notices and collating information for the Student Voice so they are heard. Those students wishing to represent their school on the junior leadership team will be applying through Mrs Lamb to lead the student voice regularly meeting with the Senior Leadership Team. They have had such a drive and impact of being heard and supporting the students' needs whilst driving positive community links.



## Year 7 Curriculum Evening:

On Thursday 26 September we would like to invite all Year 7 pupils and their parents to our Year 7 Curriculum Evening taking place from 16.00 – 18.00. During the event there will be an opportunity to meet your child’s teachers, find out about the extra-curricular clubs we have on offer and learn more about our curriculum and strategies to support your child. There will also be help and support with Satchel One, safer internet use and our SEND team and mental health support team will be available to speak to.



## Sixth Form Enrichment:

Year 12 and 13 started their new enrichment program this week. Every Wednesday, during period 5, all Sixth Form students choose an enrichment activity they would like to participate in. Our enrichment program allows them to pursue their interests and curiosities while also developing their leadership, self-confidence, and commitment skills. Students enjoyed the opportunity to explore a range of activities in sport, art and culture, design and technology, cooking, and meditation.



## Dates for your Diary:

- 17.09.24 RSE/PSHE Parent Drop In
- 26.09.24 European Day of Languages
- 26.09.24 Year 7 Curriculum Evening



**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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# 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

Week commencing 16th September is National Coding Week. This year's theme is AI. The focus on AI aims to highlight its growing significance in various sectors and underscore the need for a broader understanding and proficiency in this cutting-edge technology.

National Coding Week provides an excellent opportunity for individuals to dip their toes into the world of coding and discover the vast possibilities it offers. Here are some opportunities you can take part in...

Do you want to learn to code but are unsure which coding language to begin with? National Coding Week have put together a helpful guide on [The Best Coding Languages to Learn for Beginners](#).

So, now you've learnt a bit more about different coding languages, where can you actually do a course to learn more? Here are a few options:

- [YaizY courses](#) - they also have options to learn about game design and computer science.
- [Code Academy](#) - this has more intermediate courses and is also used by adults looking to make a career change into tech. Look for the 'beginner friendly' courses to start with.
- [FreeCodeCamp](#) - this site is a collation of free coding courses from different online sources, such as universities.

Of course, the increase in the use of AI will have challenges as well as opportunities. Explore these challenges further in a [blog from National Coding Week](#) that focuses on how we, as humans, can navigate the challenges AI creates.

The [World Economic Forum](#) predict 97 million new jobs to be created by 2025. In [this blog](#), University of Leeds have ranked what they think are the top 5 jobs in AI and assess what skills and traits are required to succeed in each of these roles.

## JOB OF THE WEEK



[Intelligence Analyst](#)

As an intelligence analyst, you'll collect and analyse national and international data using specialist software to build a picture of activities in a specific area and monitor the behaviour of individuals and groups.

Watch the video to learn more about working hours, salary and qualifications needed.

## LABOUR MARKET INFORMATION FACT

In 2025, analytical thinking, creativity and flexibility are among the top skills needed.

Data and artificial intelligence, content creation and cloud computing the top emerging professions.

[Source](#)

If you have any questions or need support, please email [careers@chasehigh.org](mailto:careers@chasehigh.org)

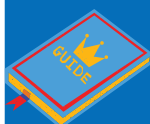


# CAREERS NEWSLETTER

## OPPORTUNITIES



There are currently 439 university courses that focus on AI. You can [read more about these here](#). There are a mixture of in person courses, online courses, part time courses, full time courses and different levels! You can use the filters on the UCAS website to make the search more relevant to you.



University isn't right for everyone. Maybe you're considering doing an apprenticeship in the future instead. Here is more information from UCAS in the format of an [industry guide](#) which provides you with average salaries, case studies and videos about digital apprenticeships.



At the time of writing this newsletter, there are [270 apprenticeship vacancies](#) currently being advertised on the UCAS website. Like with the university search, you will need to use the filters to personalise this search to you.



UCAS isn't the only place you can find information on apprenticeships, you can also use; [Not Going to Uni](#), [Get my First Job](#) and the [Government website](#). Each website will have different opportunities.



If there is a particular company you're interested in working for, you can also look at their specific apprenticeship information. To do this, search the name of the company followed by "early careers". This will also tell you about graduate schemes if you're thinking of joining the workplace after university. Here are some examples; [Google](#), [Microsoft](#), [Amazon](#)



Don't wait to learn about AI! You can complete a [free Google Certification](#) now. This will look great on your applications for university or apprenticeships in the future.



How could AI change the world? Every scientist has a different prediction and there are lots of blogs, videos and online resources you can use to research this topic. Here is [a video from TED Education](#) to get you started.

## EMPLOYER SPOTLIGHT

"At **Vodafone**, we dream big and innovate with heart. We empower people through technology. Whatever your passion, whatever your talent or educational background, you can rest assured that the programme you need to build your career is available with us."

Read more about [Vodafone here](#).

## UNI SPOTLIGHT

Imperial College offer 10 different computer science courses to choose from, each specialising in a different area and available up to Masters level. These include computing alongside management and finance, software engineering, security and reliability, artificial intelligence and machine learning, and visual computing and robotics.

Read more about [Imperial College courses here](#).

If you have any questions or need support, please email [careers@chasehigh.org](mailto:careers@chasehigh.org)

# 10 Top Tips for Parents and Educators

## SUPPORTING CHILDREN TO MANAGE CONFLICT EFFECTIVELY

Disagreement is a natural part of human interaction. This can seem particularly true when dealing with the sensitive issues that arise for secondary-aged pupils. This guide brings you 10 top tips which can help prevent conflicts arising or mitigate their impacts when they do.

### 1 INSPIRE RESPONSIBILITY

The best approaches to conflict resolution are restorative. This means that rather than adults imposing their own solutions on children who have had a disagreement, they should work with them. Allowing them to handle it can feel empowering to young people and will hopefully teach them to manage their own disputes as they move towards adult life.

### 2 ACTIVELY LISTEN

Remember to give every child the opportunity to voice their opinion, regardless of their age, stage of development, special educational needs, or other individual requirements. This can be done using a variety of different communication methods. For example, some children find it easier to express how they're feeling using pictures and drawings, while some prefer to write their ideas down.

### 3 BE CURIOUS

Demonstrating how to approach conflicts with a mature and empathetic mindset can set a good example to children, which can prove a useful skill for them later in life. Model this by asking inquisitive-yet-respectful questions about the issue at hand. Really try to understand where all parties are coming from, and share information between them when and where appropriate. This should encourage young people to mirror your behaviour, teaching them to be curious about the other sides of a conflict, and thus being more willing to hear them out.

### 4 PROMOTE DIFFERENCES

Children and young people may come from a range of different backgrounds and cultures or have protected characteristics which may cause them to see things from various angles. Having a school and community culture which celebrates and embraces diversity in all things – including diversity of opinion – means people are more likely to feel heard and understood.

### 5 BE SUPPORTIVE

Discussions may be sensitive or, in some cases, even trigger negative emotions. Pupils may have mixed feelings about the issue at hand. They could be nervous or anxious before even coming to the table to talk about it. Try and create a space where all parties feel safe, welcome and comfortable. Allow breaks and time-outs if the conversation gets heated, to prevent anyone from saying something they might later regret.

### 6 MENTALLY PREPARE

Think of how you can approach the conflict in a calm and regulated manner. Consider taking some extra time to prepare beforehand and finding somewhere quiet to relax. Even if you're not directly involved with the conflict, mediating can be a stressful experience in its own right. Make sure you're hydrated, fed and comfortable, and do the same for the young people involved. These may seem like insignificant factors, but it's important to remember that physical discomfort can trigger dysregulation, which can make it much harder to have a calm, productive conversation.

### 7 GET YOUR FACTS STRAIGHT

Make sure you have all the facts, figures and timelines of the situation prior to the discussion. This should be done as objectively as possible with the aim of resolving the ongoing issue. You may want to risk assess any problems that may arise and look for possible solutions during your preparation time.

### 8 STICK TO THE POINT

Make the reason for, and purpose of, any meetings or communications clear prior to setting them up. Provide an agenda. Act as a neutral chairperson who can keep all parties on track. Make sure everyone has a chance to air their concerns about the issue being discussed and try to avoid talking about unrelated incidents. Close off with some action points, detailing what everyone can do to resolve the conflict.

### 9 BE SOLUTION FOCUSED

It's often said that the art of diplomacy is about giving others ladders to climb down. This means the main aim of any meeting or correspondence should be finding mutually acceptable and amicable solutions. Parents, carers, teachers and pupils should be aware there may need to be a compromise for the common good – and, most importantly, the good of the children you're supporting.

### 10 DON'T IGNORE OR AVOID CONFLICT

No one benefits from allowing concerns and grievances to fester, as this can lead to further division and mistrust, and ultimately doesn't help the children involved. Use our tips to open meaningful lines of communication. These should help you find a suitable resolution and minimise the number of conflicts you're faced with mediating overall.

## Meet Our Expert

Catrina Lowri is a neurodivergent former SENCO and advisory teacher. She founded her company, Neuroteachers, to improve inclusion for neurodivergent people. She works with nurseries, schools, colleges and businesses providing consultancy, training and mentoring to create belonging and understanding for people with the full range of neurotypes.



#WakeUpWednesday

The National College

## Specialist Services

The School Nursing Service has a specialist Nurse for children who are Electively Home Educated and a specialist Nurse for Special Educational Needs and Disabilities. Contact us to find out more.

## ChatHealth

ChatHealth is a secure and confidential text messaging service for parents / carers and young people. It allows service users to get in touch easily and anonymously with a School Nurse for advice and support. All young people between the ages of 11–19 are eligible to use this service to text a School Nurse on **07520 649895**. Parents / carers of children aged 5–19 can text **07520 649895**.

Young People  
scan this QR Code  
to find support



Parents scan this  
QR Code to find  
support



## Referrals

School Nursing referral forms can be found in school receptions. Alternatively, telephone referrals can be made and a member of the school nursing team will be in contact. We accept referrals from parents / carers, schools and health professionals with parental consent.

## Public Health Team

📍 Department for People  
Southend-on-Sea City Council  
Civic Centre, Victoria Avenue  
Southend-on-Sea, SS2 6ER

## School Nursing Contact

☎ 01702 534843  
✉ MSEICB-S.Southendpublichealthnurses@nhs.net  
🌐 [www.southend.gov.uk/schoolnurses](http://www.southend.gov.uk/schoolnurses)  
🐦 @SouthendSN

## Useful Numbers:

☎ Children's Centre: 01702 220810  
☎ NHS: 111

# School Nursing Service

We provide support and advice for children, young people, parents, families and professionals.

Parent, child and young person drop in appointments

Visible, accessible and confidential service

Healthy lifestyles

Growth and development

Home visits

Emotional health and wellbeing

Nocturnal enuresis support (bedwetting)

Safety

Health advice and education

Immunisation advice

# The School Nursing service supports the health and wellbeing of children and young people between the ages of 5–19 and their families.

You can talk to a member of the school nursing team if you have any worries or concerns with regards to:

- Support with managing medical needs in schools
- Growth and development
- Emotional health and wellbeing
- Vision and Hearing
- Dental health
- Sleep
- Enuresis (bedwetting), continence and soiling
- Immunisation advice
- Common childhood illness
- Growing up, puberty and relationships
- Keeping safe
- Any other general health concerns

## What support does the School Nursing service offer?

- We support children and young people who have medical needs to ensure their conditions are managed safely in schools
- We support school staff in managing medical needs (for example, asthma and allergies)
- We carry out the National Child Measurement Programme for reception children who are also offered vision and hearing screening as well as a health questionnaire
- We also carry out the National Child Measurement Programme for children in year 6 who are offered a health questionnaire. This helps us to ensure their health needs are supported during their transition to senior school
- We provide health, development and emotional wellbeing advice
- We deliver health promotion in schools and in the Southend community
- School nurses can refer directly to other health professionals and services if required

## Parent / Carer Drop-in Clinics

Parent drop-in clinics are run by members of the School Nursing service on a regular basis. You can access these with or without an appointment and can talk about any problems with your child's health and emotional wellbeing.

If your child is ill and is likely to need treatment, please access your GP.

Parents can also access our ChatHealth service to text a School Nurse directly. Text between 9.30–16.30 Monday–Friday (excluding bank holidays) on **07507 331884**.

## Young People aged 11–19

Young people aged 11–19 can access school nursing support via a school clinic. 11–19 year olds can also contact a school nurse via a ChatHealth SMS messaging service. Text between 9.30–16.30 Monday–Friday (excluding bank holidays) on **07520 649895**.

