



## Headteacher's Comment:

Welcome to another edition of News and Views, where Chase High School takes the opportunity to communicate with you regularly. We aim to share many great things happening at our school, remind you of upcoming events, and provide information to ensure all stakeholders are working together for the best outcomes for our pupils and students at Chase High School and Sixth Form.

The uniform policy will remain in place as the weather begins to warm up; however, should the forecast temperature for Prittwell (Southend) be 25 degrees or above according to the MET Office, pupils will not be required to wear their blazers while in school for that day. They must still bring their blazers with them.



We have now received the report from the recent monitoring visit and will forward this as soon as final checks have been made. The three His Majesties Inspectors (HMIs) were complimentary of all aspects of the school that they observed and we are looking forward to the next monitoring visit later in the summer term. A huge thank you and well done to everyone at Chase for pulling together. However, there is still work to be done, and we will continue to move onwards and upwards.

If you would like to see a summary of the Post Ofsted Action Plan (POAP), it has been posted on the website ([click here](#)). If you have any questions or would like to visit to discuss any area of the POAP, please do not hesitate to contact the school.

**#ProudtobeChase**



## Harvard University

Congratulations to Jemimah in Year 13 who has been accepted to an online six week summer internship with Harvard University.

This programme is ran by Mr Paul Bottino and the TECH Faculty at Harvard University for Business, Technology, Innovation and Entrepreneurship. The programme will include guest speakers like Mark Weber and other mentors from the Forbes 30 under 30 and seeks to equip Jemimah with the skills necessary to start her own business in the future. Jemimah went through an intense interview panel to be accepted onto this and has been given a sponsorship of £2000.

Jemimah is an outstanding member of the Sixth Form community and has also been given 4 conditional and contextual offers to study at 4 of the Russel Group University choices in Manchester, Nottingham, Birmingham or Warwick.



## LRB Trip:

This week, our LRB pupils were invited to take part in an Active Essex Panathlon Multi- Skills event at Shenfiled School. The team competed in a number of games such as New Age Kurling, Volley Bat, Boccia Blast and Ten Pin Topple. They all worked incredibly hard and put a huge amount of effort into each activity, resulting in the team coming third overall!







## Careers Assemblies:

Years 7, 8, 9 and 11 all had assemblies this week with a career focus to look at Unifrog and what their future careers would look like. The pupils, as always, were engaged and were involved in the question and answer sessions. If you have any further questions or need careers support, please contact [Lauri.procter@chasehigh.org](mailto:Lauri.procter@chasehigh.org)



## Exams:

Over the past two weeks, Year 10 have been sitting their first full series of PPE papers and getting a taste of what's to come in Year 11. Pupils have been coming in early to do morning warm up sessions with their teachers ahead of their exams and this has been really successful.

GCSE exams for Year 11 are now under way, with pupils taking French, German and home languages this week. Pupils have also had all day exams in subjects such as Art and Photography, where pupils spend two days producing their final piece using the skills they have learned throughout the course.

Pupils who arrive to their exams prepared put themselves in the best position to do well. Please could all parents/carers check that pupils have a full clear pencil case - calculators can be used in many exams and now is a good time to check that they have one. A reminder we begin preparation for each morning GCSE exam from 8.00 am - We look forward to seeing all pupils bright and early throughout the series and wish them the best of luck for the coming weeks!

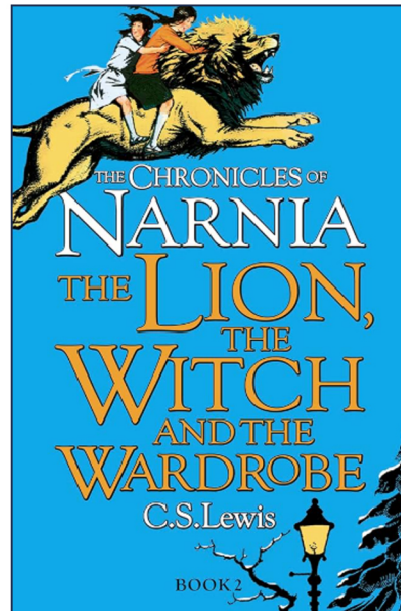


## Book of the Week!

### The Chronicles of Narnia Book Series

**Age recommendation:** 9+

**Short synopsis:** They open a door and enter a world NARNIA...the land beyond the wardrobe, the secret country known only to Peter, Susan, Edmund, and Lucy...the place where the adventure begins. Lucy is the first to find the secret of the wardrobe in the professor's mysterious old house. At first, no one believes her when she tells of her adventures in the land of Narnia. But soon Edmund and then Peter and Susan discover the Magic and meet Aslan, the Great Lion, for themselves. In the blink of an eye, their lives are changed forever.



## Dates for your Diary:

05.05.25 May Day Bank Holiday

06.05.25 Rewards Event

08.05.25 VE Day Celebrations

15.05.25 Year 8 Community and Curriculum Evening

22.05.25/23.05.25 Year 8 HPV Immunisations



**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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BENFLEET TEAM  
SUPPORTING ALL

# Are you Interested in Training to be a Teacher?



Join us at one of our recruitment events to find out  
more about Primary or Secondary teacher training  
with BTSA.

on Wednesday 30th April or  
Wednesday 21st May  
at 7pm  
Via Zoom

To register email  
[mhoward@theappletonschool.org](mailto:mhoward@theappletonschool.org)



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# **SOUTHEND SEND YOUTH VOICE**



**DO YOU HAVE SPECIAL  
EDUCATIONAL NEEDS AND  
ARE AGED 11-25?**



**A PLACE WHERE YOU CAN SHARE  
YOUR EXPERIENCES, THOUGHTS  
AND FEEDBACK, TAKE PART IN  
FUN ACTIVITIES AND MAKE THE  
IMPORTANT CHANGES NEEDED TO  
IMPROVE THE LIVES OF CHILDREN  
WITH SEND IN SOUTHEND.**



**TUESDAY 6TH MAY 2025**

**4.30PM-6.30PM**

**FRIENDS AND PLACES TOGETHER, TOP FLOOR,  
UNIT 13 VICTORIA SHOPPING CENTRE (NEXT TO  
INDI ROCK)**

**THIS SESSION INCLUDES FREE  
ROCK CLIMBING AT INDI ROCK  
AND PIZZA!**

**FOOD AND REFRESHMENTS PROVIDED**

**EMAIL ME TO BOOK YOUR SPACE  
JADEWELLER@SOUTHEND.GOV.UK**





 Listen to this newsletter

# 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



The Students' Guide to University has been produced by UniTasterDays.com in collaboration with HELOA, to support your students to make brilliant future university decisions. Editorial has been provided by over 65 university colleagues, as well as experts from outside the sector, including Martin Lewis's guide to student finance.



Into Film's Magic of Cinema Competition invites young filmmakers to explore and celebrate what cinema means to them and their community. They are looking for short, documentary-style films (up to 3 minutes in length) that creatively explore the theme 'Magic of Cinema'.



Learn to code with Code Club - Their projects have step-by-step instructions to teach you how to create games, animations, and much more. Choose from hundreds of options, in up to 30 languages.



Join University of Sheffield for their interactive Pharmacy taster where they'll give you an overview of the course at the University of Sheffield, the varied career opportunities and take a deep dive into the course content. This event takes place on 7th May 2025 from 4 to 5.15pm.



To recognise mental health awareness week, join The University of Law's expert lecturer to explore how mental health is protected by the law and how it is adapting in the face of more individuals suffering with these issues. This event takes place on 13th May 2025 from 4 to 5pm.



Arts University Bournemouth believe that opportunities to engage with creative subjects and explore new art forms should be available to everyone. The Being a Boy project, launched in 2022, provides space for young men to creatively engage with the role of masculinity in their day-to-day lives

## JOB OF THE WEEK



Chiropractor

A Chiropractor is a healthcare professional who focuses on the diagnosis, treatment, and prevention of mechanical disorders of the musculoskeletal system, particularly the spine.

Watch the video to learn more about how much you could earn, working hours and pathways into the industry.

## LABOUR MARKET INFORMATION FACT

The NHS workforce in England has seen substantial growth, with over a quarter of a million more staff working in hospital and community health services compared to 2015. However, this growth has been uneven leaving gaps in provision some areas, such as GPs.

Source

If you have any questions or need support, please email [enquiry@cardinalwiseman.net](mailto:enquiry@cardinalwiseman.net)





# CAREERS NEWSLETTER

## OPPORTUNITIES



AAT (Association of Accounting Technicians) have three new online work experience and virtual course opportunities that you can take part in. Here are the topics:

- [Introduction to AAT](#)
- [Bookkeeping with AAT](#)
- [Accountancy with AAT](#)



Curious about what happens behind the scenes in Amazon's Fulfilment Centres? Want to see how your order journeys from your cart to your doorstep? [Join the Amazon team](#) as they explore their facilities, reveal the intricate steps of order fulfilment, and highlight the people and technology that help along the way.



Whether you're applying to university, apprenticeships or work placements, having a LinkedIn profile can help you build a professional network. Here are [UCAS's top tips for creating a stand-out LinkedIn profile](#) and why this might help give you an advantage when applying for jobs, apprenticeships, or internships.



Are you trying to research universities but finding that every institution says they're the highest ranking, gold star, best university available? It can feel that way! You can get honest opinions by [speaking to current university students](#) using the Unibuddy platform. You can filter by university or subject to speak to students with similar interests/career goals to you.



Planning a gap year can seem daunting, but it doesn't have to be. Whether you hope to volunteer, master a new language or work at a summer camp, a well-planned gap year can equip you with valuable skills. Check out [this guide from Prospects](#) to learn how to plan your gap year.



For individuals who are aged 18 to 30 and have a business idea they're passionate about, the [King's Trust's free Enterprise programme](#) is here to help people turn their ideas into a reality.

## EMPLOYER SPOTLIGHT

"Amazon is a truly unique business. For us there is no limit to our creativity, growth potential and opportunity to improve (as a business and the world around us).

We take our position seriously and even though we started in a garage in 1994, times have changed."

Read more about [Amazon Careers here](#).

## UNI SPOTLIGHT

"We offer an experience that our students value highly: a world-class learning and teaching environment that fosters academic excellence, personal growth, and a vibrant student life. Sheffield has been voted University of the Year, Best Students' Union and Best for Student Life at the Whatuni Student Choice Awards 2024." Read more about [University of Sheffield's Courses here](#).

If you have any questions or need support, please email [enquiry@cardinalwiseman.net](mailto:enquiry@cardinalwiseman.net)



# 10 Top Tips for Parents and Educators

## EXAM-DAY READINESS

The lead-up to exams can be an emotionally challenging time. As the date approaches, nerves can become harder to manage. From nutrition to emotional support, this guide offers 10 practical strategies to reduce stress and enhance performance. Whether at home or in school, these tips encourage focus, resilience, and wellbeing – giving every student the best opportunity to approach exam day with clarity and self-belief.

### 1 FUEL THE BRAIN



Encourage students to eat a balanced breakfast and hydrate before exams. The brain is around 80% water, so even mild dehydration can reduce memory and concentration. Provide water, cereal bars, or fruit on exam day – especially helpful if anxiety affects appetite. A little fuel can go a long way towards better performance.

### 2 PROMOTE POSITIVE SELF-TALK



Support young people to challenge negative thoughts. Help them replace “I’m going to fail” with “I’ve worked hard; I can do this”. Positive affirmations boost confidence and reduce anxiety. Practise these together at home or in school settings.

### 3 PRACTISE RELAXATION TECHNIQUES



Encourage daily use of calming techniques, such as diaphragmatic breathing, guided muscle relaxation, or mindfulness. These techniques help regulate stress responses. Consider running short morning sessions before exams, or practising together at home to promote calm focus.

### 4 CREATE FAMILIAR COMFORT



Ensure a supportive adult is visible and available before exams. The calm presence of a parent or teacher can offer a sense of safety. Schools can provide ‘calm zones’; parents can support with consistent routines and reassuring conversation.

### 5 ENCOURAGE VERBAL EXPRESSION



Invite students to talk about their exam worries. Whether it’s a quick check-in with a teacher or chat with a parent, open conversations reduce emotional pressure. Active listening is often more powerful than immediate problem solving.

### 6 ORGANISE EXAM-DAY LOGISTICS



Prepare exam-day essentials in advance. Schools can coordinate staff to greet students and manage pre-exam spaces. Parents can prepare clothes, equipment and transport the night before to prevent stress.

### 7 BUILD A COPING TOOLKIT



Teach students simple ‘in-the-moment’ coping strategies. These include calm breathing, focusing on what they can control, and using grounding techniques. Practise these together so they become easy to recall under pressure.

### 8 EMBRACE A BALANCED ROUTINE



Reinforce healthy routines: regular sleep, nutritious meals, movement and time to unwind. Families and schools can support students by encouraging outdoor time, screen breaks and restful evenings before exams.

### 9 NORMALISE EXAM NERVES



Let students know that feeling anxious is normal and doesn’t mean they’re unprepared. Reassure them that a certain level of stress is natural – and can actually improve focus and performance when managed well. A calm, understanding tone – at home and at school – helps build confidence and resilience.

### 10 KEEP SPACES CALM



Reduce pressure in exam-day environments. Whether in the school common room or family kitchen, avoid last-minute cramming. Instead, use soft lighting, gentle music, and quiet time to support a composed mindset.

### Meet Our Expert

Stefan Fusenich is a teacher educator and DfE subject learning coach (advanced practitioner). Stefan has extensive management and teaching experience across various posts in education, and is a qualified lecturer with Qualified Teacher Learning and Skills status.



#WakeUpWednesday®

The National College®

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/exam-day-readiness>



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