



## Headteacher's Comment

This week's ARK assemblies have celebrated the hard work and dedication of pupils at Chase. I was delighted to award Headteacher's Awards to 10 pupils and to host them for breakfast this morning. During this time, they had the opportunity to share their ideas on what they would change if they were Headteacher for the day — suggestions included more sports lessons and a later start to the school day at 10:30!

This term has been a thoroughly rewarding one, marked by the publication of our latest Ofsted report and the positive strides we continue to make in our school improvement journey.

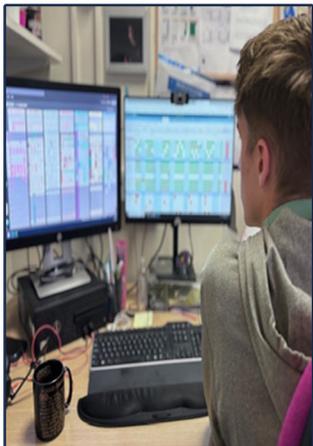
As we reach the end of term, I encourage everyone to take a well-earned break from the early starts and enjoy time with friends and family.

#ProudtobeChase



## Take Your Child to Work Day

On Wednesday, 85 Year 9 pupils headed out to work with their parents or a trusted adult. Thank you to all our parents and carers who supported our pupils this week in their various roles. Feedback has shown that many of our Year 9 pupils have developed practical skills, such as cooking, caring, and decorating. Pupils who worked in hospitals, offices and educational settings reported that they took on analytical tasks and worked on their organisational skills and time management. It was great to hear that our pupils recognised that personal qualities such as patience, strong communication skills and a willingness to work hard, were required in working life. Well done to everyone!



UCAS

## UCAS Trip

Year 12 students visited the UCAS Exhibition at the Excel Centre to explore their future pathways. They had the opportunity to meet with a wide range of universities and employers, gaining valuable insights and discussing their next steps after sixth form.





## Sixth Form Drugs & Alcohol Workshop

Yesterday, Year 12 students attended a workshop with Open Road Essex, raising awareness of the dangers of drugs and alcohol. Students engaged well by asking thoughtful questions and took part in discussions throughout the session.



## Reward Breakfast

Well done to pupils in tutor group 11MA1 who were awarded with a reward breakfast for the most improved PPE results!



## Sports Round Up

Last Friday we hosted St Thomas More School for a Year 7 and 8 track and field match. There were many promising performances. The standout athlete was Malachi in Year 8 who broke the school record in both the hurdles and long jump.

On Monday, our Year 7 and 8 netball teams competed in the borough netball tournament. The Player of the Match award was presented to Lucy.

On Tuesday, our under 13 basketball team were narrowly defeated by Southend High School for Girls. The player of the Match was awarded to Neve. Also on Tuesday, our Year 7 football team were narrowly defeated in their match against Sweyne Park School. The Player of the Match was Riley.

On Wednesday, 63 pupils travelled to Eastwood for an athletics track match against St Bernard's High School, Eastwood Academy, Southend High School for Boys and Westcliff High School for Boys. There were a large number of personal bests. School records were set by Florence and Lilli. Malachi broke the school record in the hurdles.

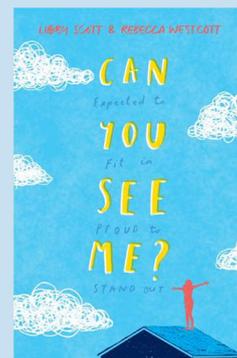
## BOOK OF THE WEEK!

### Can you see me? By Libby Scott & Rebecca Westcott

**Age recommendation:** Perfect for Year 7 and 8

**Short synopsis:** People think that because Tally's autistic, she doesn't realise what they're thinking, but Tally sees and hears all of it. Endearing, insightful and warmly uplifting, this is a story of self-discovery, empathy and kindness that will touch readers of all ages.

**Why choose this book:** A coming-of-age story about learning to celebrate yourself -- and teaching the world to recognize you, too -- perfect for fans of R. J. Palacio's Wonder!



## Dates for your Diary:

**13.04.26** Return to School on Week 2 Timetable

**25.05.26 – 29.05.26** Half Term Break

**24.04.26** Author Visit – Seth Burkett



**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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# CHASE HIGH PE DEPARTMENT EXTRA-CURRICULAR TIMETABLE

## 1<sup>st</sup> HALF SUMMER TERM 2026

CHASE HIGH SCHOOL  
AMBITION - RESILIENCE - KINDNESS

|  | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  |
|--|--|---|--|---|---|
| <p><b>Before School</b><br/>7.30am-8.10am</p>  | <p><b>Athletics – Pole Vault</b><br/>Invite Only<br/>Mr Copsey</p> <p><b>Racket Sports</b><br/>All Years Boys &amp; Girls<br/>Mr Biggie</p>  | <p><b>Athletics – Long/Triple Jump</b><br/>All Years Boys &amp; Girls<br/>Mr Sturge</p> <p><b>Athletics – Track</b><br/>All Years Boys &amp; Girls<br/>Mr Copsey</p>                    | <p><b>Athletics - Throws</b><br/>All Years Boys &amp; Girls<br/>Mr Sturge</p> <p><b>Athletics – Hurdles/Long Jump</b><br/>All Years Boys &amp; Girls<br/>Miss Mayes/Miss Pask</p>                | <p><b>Athletics - Throws</b><br/>All Years Boys &amp; Girls<br/>Mr Gridley</p> <p><b>Athletics – High Jump</b><br/>All Years Boys &amp; Girls<br/>Miss Thompson</p>                     | <p><b>ESA Training</b><br/>Invite Only<br/>(Miss Mayes)</p>   |
| <p><b>Lunchtime</b><br/>1.25pm-1.50pm</p>      | <p><b>Tennis</b><br/>All Years Boys &amp; Girls<br/>(Netball courts)<br/>Mr Biggie</p> <p><b>Athletics – Pole Vault</b><br/>All Years Boys &amp; Girls<br/>(upper gym)<br/>Mr Copsey</p> | <p><b>Tennis</b><br/>All Years Boys &amp; Girls<br/>(Netball courts)<br/>Mr Biggie</p> <p><b>Athletics – High Jump</b><br/>All Years Boys &amp; Girls<br/>(upper gym)<br/>Mr Copsey</p> | <p><b>Tennis</b><br/>All Years Boys &amp; Girls<br/>(Netball courts)<br/>Mr Biggie</p> <p><b>Athletics – High Jump</b><br/>All Years Boys &amp; Girls<br/>(upper gym)<br/>Mr Copsey</p>          | <p><b>Tennis</b><br/>All Years Boys &amp; Girls<br/>(Netball courts)<br/>Mr Biggie</p> <p><b>Athletics – High Jump</b><br/>All Years Boys &amp; Girls<br/>(upper gym)<br/>Mr Copsey</p> | <p><b>Tennis</b><br/>All Years Boys &amp; Girls<br/>(Netball courts)<br/>Mr Biggie</p> <p><b>Athletics – High Jump</b><br/>All Years Boys &amp; Girls<br/>(upper gym)<br/>Mr Copsey</p> |
| <p><b>After School</b><br/>3.15pm – 4.15pm</p> | <p><b>Staff Meetings</b></p> <p><b>Football</b><br/>Year 10 &amp; 11 Boys<br/>Chelsea Coach</p> <p><b>Football</b><br/>Year 10 &amp; 11 Girls<br/>Chelsea Coach</p>                      | <p><b>Athletics</b><br/>Miss Thompson/Miss Mayes/Mr Sturge/Mr Copsey/Mr Gridley/Mr Dawson/Miss Pask/Mrs Latibeaudiere</p>   | <p><b>Athletics</b><br/>Mr Biggie/Miss Thompson/Miss Mayes/Mr Sturge/Mr Copsey/Mr Gridley/Mr Dawson/ Mrs Latibeaudiere</p> <p><b>Year 11 Intervention</b><br/>Miss Mayes/Mr Biggie/Mr Sturge</p> | <p><b>Athletics</b><br/>Miss Thompson/Mr Copsey/Mr Gridley/ Mr Dawson/Miss Pask/ Mrs Latibeaudiere</p>  | <p><b>Tennis</b><br/>All Years Boys &amp; Girls<br/>Mr Biggie</p> <p><b>Athletics</b><br/>Miss Thompson/Miss Mayes/Mr Copsey/Mr Gridley/Mr Dawson/Miss Pask/ Mrs Latibeaudiere</p>      |



## Easter HAF Programme 30 March to 10 April 2026

We are delighted to share that HAF bookings will be opening on Thursday 12 March from 11am. The HAF programme is for pupils who get Benefits Related Free School Meals. Eligible pupils can attend up to 4 days over the Easter holidays.

Check out the HAF providers who are delivering this Easter and register your interest in attending: [Book here](#) or scan the QR



Any questions email [HAF@southend.gov.uk](mailto:HAF@southend.gov.uk) or text 07795044329

Not eligible for free school meals?

Apply here: <https://www.gov.uk/apply-free-school-meals/southend-on-sea>

Kind Regards

HAF team



# What Parents & Educators Need to Know about EA SPORTS FC 26



Our guide looks at the risks surrounding EA Sports FC 26 and our top tips to minimise them. This marks the third year since EA left the FIFA licence, and the game is mostly unchanged from last year. While Kick-Off mode is great for playing with friends and Career Mode allows players to fulfil long-term ambitions as a manager or player, Ultimate Team remains the main draw for many players – and it can get out of hand in terms of how much money players can invest.

## WHAT ARE THE RISKS?

### AN ANNUAL RELEASE SCHEDULE

As was the case with the last two EA Sports FC games and the FIFA series before it, the franchise rolls out once a year with updated squads and new features. This can make it expensive to keep up with, particularly when so many dedicated players are keen to get their hands on the latest edition.

### VOICE CHAT

Voice chat can be enabled across all platforms, meaning young people can speak to anyone they play with or against. While it can be switched off, some children will no doubt want to speak to their friends while they play. This also means they may encounter strangers much older than them, which can expose them to inappropriate language or behaviours.

### IN-GAME PURCHASES THROUGH ULTIMATE TEAM

Ultimate Team is the big draw for EA Sports FC, letting players spend real money on packs that they can open to build a squad of the world's best players. They're not always easy to obtain, and new, improved versions of players will be regularly added as limited-time offerings. Young people could feel pressured into spending money and experience fear of missing out.

### SCAMMERS IN ULTIMATE TEAM

Ultimate Team is managed by EA itself, but that hasn't stopped scammers from looking to dupe players out of money and in-game coins. Some scammers sell their accounts, which is a violation of EA's terms of service, while others will 'sell' coins – something the developer is still working to crack down on. Some try to gain access to others' accounts, potentially giving them access to payment information.

### POTENTIAL FOR ADDICTION

While EA Sports FC is potentially addictive, thanks to its fast-paced gameplay and mirroring of the real-world skill and glamour of football, Ultimate Team's focus on limited-time rewards and the lottery of winning packs can make it feel closer to gambling than gaming, which may lead to addiction and impulsive spending of money.

## Advice for Parents & Educators

### PREPARE FOR ANOTHER GAME IN A YEAR

The annual-release cadence aligns with the return of the school year, and can be a great way to incentivise good behaviour at the start of term. If children are applying themselves and preparing for a new year of school, or were particularly well behaved in the summer, EA Sports FC 26 could make a great reward.

### LIMIT SPENDING

If you're worried about children accidentally spending real money in Ultimate Team, whether in game or on the EA Sports FC companion app, don't link a payment card to their account. Reclaiming funds can be a mountain to climb, and the dopamine hit of opening flashy packs with slick animations means one purchase can lead to another very quickly. It's also worth adding a prepaid card if you'd prefer them to make their own choices with their budget.

### MONITOR VOICE CHAT

As in-game chat is open, be sure to adjust the settings in EA Sports FC 26 to lock it down. If children want to chat with their friends while they play, consider setting up a safe space for them to call, to allow them to play without fear of outsiders.

### BE VIGILANT

As with last year, there are ways to keep scammers at bay. Ensure passwords are locked down, and consider using a password manager application to keep them secure. EA will never contact players through the game itself, so be vigilant with incoming messages, and block and report suspected spam. EA will contact players by email if needed, but they will never ask for usernames or passwords. Players should also avoid buying in-game currency from unofficial websites – doing so can lead to accounts being banned and could cost players money in the process.

### Meet Our Expert

Lloyd Coombes is an experienced freelance writer and has been working in the gaming and tech industry for seven years. A regular visitor to the App Store to try out new tools, he's also a parent and therefore understands the importance of online safety. He's also a tech and fitness writer and has been published at sites including IGN, TechRadar, and plenty more.



The National College

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## Coming up in April...

Helping Neurodivergent  
Children and Young People  
with Sensory Differences  
20<sup>th</sup> April 3:30 pm

Helping Neurodivergent  
Children and Young People  
with Communication  
28<sup>th</sup> April 3:30 pm



# FREE WEBINAR

## FOR PARENTS/ CARERS

of secondary aged children to support  
with mental health and wellbeing.

Provided by your Mental Health Support Team

@EssexMHST\_and\_SETcamhs

[bit.ly/4ozRciL](https://bit.ly/4ozRciL)



### Coming up in April

Understanding Anxiety & Emotional  
Based School Avoidance (EBSA)

22<sup>nd</sup> April 6:30 pm

How to Support your Child  
Around Exam Anxiety

27<sup>th</sup> April 10 am





# 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



Take your first steps towards a healthcare career with the UK's only Interactive Virtual Work Experience Programme created and delivered by healthcare professionals. You can select from one day or a full 6 month work experience programme where you will follow patients from admission to discharge in the high fidelity simulation suite, designed to provide you with an immersive experience from the comfort and safety of home. [View dates and book here.](#)



Practical Networking and LinkedIn Masterclass. Tue 14th Apr 8:30AM - 9:00AM. Join Jake Schogger, best-selling commercial awareness author, ex-Magic Circle lawyer, and founder and CEO of Commercial Law Academy, as he dives into how to network and use LinkedIn effectively. [Join here.](#)



The UK Intelligence Agencies, MI5, MI6 and GCHQ, work together to keep the country safe. Their highly trained staff use cutting edge techniques to uncover and stop plans to harm. Find out more in this session, UK's Intelligence Agencies, Virtual Insight Session. Wed 20th May 11:00AM - 12:00PM. [Register here.](#)



Uptree is a free professional network, aimed at students aged 14-21, designed to help you get started in the world of work. Get work experience, find apprenticeships and other opportunities, and begin your dream career. Check out some of the jobs and placements that you may be interested in [here.](#)



Dive into the world of apprenticeships with Best Apprenticeships' collection of articles, blogs, guides, and interviews. It's the perfect place to start if you're looking for ideas and inspiration. Discover more [here.](#)



LSE Empower (formerly the Black Achievement Conference) is a one-day online conference for year 12 students of Black heritage from across the UK. This interactive event provides an opportunity for attendees to hear the authentic experiences of Black students and alumni, gain an insight into studying at LSE, and receive bespoke guidance on how to make a competitive application. Deadline is 26<sup>th</sup> April - [Register here.](#)

## JOB OF THE WEEK

 [Aquaponics Technician](#)

Aquaponics is a sustainable food production system that combines aquaculture (the raising of fish) with hydroponics (the growing of plants in water).

Aquaponics technicians are responsible for the day-to-day operation of aquaponics systems, including feeding the fish, monitoring water quality, and harvesting the plants.

## LABOUR MARKET INFORMATION FACT

Jobs involving core AI-related activities are expected to grow to 3.9 million by 2035.

By then, as many as 9.7 million people may work in roles that use AI technology.

[Source](#)

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



# CAREERS NEWSLETTER

## OPPORTUNITIES



Tesco apprenticeships are perfect for anyone who wants to kick-start their career while studying towards a qualification. There'll be loads of opportunities for you to grow personally too, with chances to join and connect with supportive colleagues. Check them out [here](#).



As a London Underground Track Apprentice, you will undertake regular placements across the network. Here, you will work alongside our highly skilled track engineers, learning how to maintain a key asset without which London Underground could not operate. Find out more [here](#).



Join this [Sprint](#) with the Met Office, and use your skills to understand the relationships within data sets, and, with the help of expert professionals, explore how the Met Office uses data to understand our weather and its implications.



What is it really like to work in the ecology and environmental management sector? [In this online session](#), four young professionals will share how they turned an interest in nature, people and the environment into real jobs. They'll talk honestly about what they do day to day, how they got started, and what helped them along the way, including surprises, changes of direction and skills they didn't expect to use. Wednesday 22<sup>nd</sup> April - 10am - 11am.



Knowing what you're good at is one of the keys to finding a career that's right for you, but identifying your strengths and weaknesses isn't always that easy. Join Radio 1's Katie Thistleton for the second series of [The Bitesize Careers Podcast](#), tackling the most popular questions you've asked about the world of work.



Careers expert Mark Anderson explores the opportunities AI is creating and how you can prepare for this brave new world. Many roles require creativity, communication, judgement and ethical thinking. Find out more [here](#).



'[This Is My Day](#)' are resources that have been created to help you visualise different apprenticeship workplace settings. Each resource follows a day in the life of an apprentice using clear and engaging images and wording. Check them out [here](#).

## EMPLOYER SPOTLIGHT

"Our critical weather forecasts and groundbreaking climate science help individuals plan for today, and the world prepare for tomorrow. Using supercomputing technology and world-leading expertise, every day we help millions of people make better decisions to stay safe and thrive."

You can [read more about careers at the MET Office here](#).

## UNI SPOTLIGHT

"Join UWE Bristol as a student and we'll equip you with the knowledge, guidance and experience you'll need for the future you want."

You'll be inspired by a supportive community, build your skills using industry-standard kit and practice hands-on learning."

You can [read more about the UWE Bristol here](#).

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