



## Headteacher's Comment:

Our recent Year 7 Community and Curriculum Evening showcased the various clubs and activities available to our pupils. It was lovely to see so many families visit the school to engage in what Chase High has to offer outside of the standard curriculum. From PE to Technology and Art, the evening highlighted the importance of extracurricular involvement in fostering a well-rounded education. I encourage all pupils to explore these opportunities and find their passion outside of the classroom.

In my Headteacher's welcome, I spoke of the importance of safe social media practices. Open conversations about online safety are vital to ensuring our pupils can enjoy the benefits of technology while staying secure. Please take the time to discuss these topics with your child, and remember: you are the responsible adult. If you require support with your child and their internet use, do not hesitate to ask.

With the change in season, it is essential for pupils to be adequately prepared for the cooler, wetter days ahead. Please ensure that your child has a suitable waterproof and warm outdoor coat.

#ProudToBeChase



## Chelsea Football Academy:

Our Chelsea Football Academy team played their first match of the season this week against Beauchamps High School. It was a close match ending in a 2-1 defeat, with us nearly scoring an equaliser in the final few minutes. Well done to the team for their effort, great teamwork, and resilience!



## Year 11 Curriculum Evening & Sixth Form Open Evening:

On Thursday 24 October, we would like to invite all Year 11 pupils and their parents to our Year 11 Curriculum Evening 16.00 – 17.00. This is an important event which is designed to ensure all Year 11 pupils are well informed about the expectations and challenges of the year ahead. During the evening, the Year 11 team will provide information about exams, highlight key dates, explore next steps at Post 16 study and beyond. We will also suggest key strategies which you can use to support your child's learning and revision throughout the course of the year, aiding them to achieve their outcomes.

The talk will be followed by our Sixth Form Open Evening 17.00 – 19.00. This event will give pupils the opportunity to speak to our Post 16 team about courses available to your child after they have completed their GCSEs. Please do take the time to come to this event as we feel it is vital to ensure our students are as fully supported as possible both at school and at home.





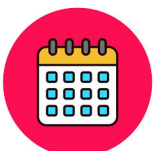
# European Day of Languages:

This week, we celebrated the European Day of Languages. Pupils had to complete a set of questions, using their LORIC skills, to complete an escape room and locate Miss Saidou in the school, in order to get a prize!



## LORIC Week:

This week, pupils took part in the first LORIC week of the year, where they undertook a task focused on organisational skills. Pupils were set a challenge to work as team to create a creative and unique tutor board, showcasing their fantastic organisational skills. Well done to all pupils for your fantastic work this week.



## Dates for your Diary:

10.10.24 Year 8 Parents' Evening

24.10.24 Year 11 Curriculum Evening and Sixth Form Open 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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# CHASE HIGH SIXTH FORM OPEN EVENING



**Thursday 24 October 2024**  
**16.00 - 19.00**

**Ofsted**  
Good  
Provider

“Students are well prepared for  
university, or the workplace.”

Ofsted February 2022



FOUNDATION

# What Parents & Educators Need to Know about

# INSTAGRAM

AGE RESTRICTION  
**13+**

Instagram is a highly popular social media platform with over 2 billion active monthly users. The app is continuously updating and adding new features to meet the wishes of its audience, allowing them to upload images and videos to their Instagram feed, create interactive 'stories', go live, exchange private messages or explore and follow other accounts that catch their eye.

## WHAT ARE THE RISKS?

### ADDICTION

Many social media platforms, Instagram included, are designed to keep us engaged on them for as long as possible. They encourage scrolling often and scrolling more in case we miss something important – in essence, a fear of missing out. On Instagram, young people can lose track of time when aimlessly scrolling and watching videos posted by friends, acquaintances, influencers and possibly strangers.

### UNREALISTIC IDEALS

Children sometimes compare themselves to what they see online: how they look, how they dress, and the way their life is going in comparison to others on social media. However, most people only share the positives about their lives online and many use filters when sharing pictures of themselves. A constant comparison with unrealistic ideals can lead to insecurity over one's own appearance and lifestyle.

### GOING LIVE

Livestreaming on Instagram allows users to connect with friends and followers in real time. Risks increase if the account is public, because that means anyone can watch the broadcast, which could result in further contact from strangers. Additional dangers of going live include an impulse to act inappropriately to draw more viewers, as well as being exposed to harmful content or offensive language.

### INFLUENCER CULTURE

Social media influencers are sometimes paid thousands of pounds to promote products, services, apps and more. When celebrities or influencers post such content, it often says 'paid partnership' above the post. In April 2024, Ofcom found that over a quarter of children (27%) believed in influencer marketing, accepting their endorsement of products wholeheartedly. So it's perfectly possible for young people to be taken in by this kind of content.

### PRODUCT TAGGING

Product tags allow users to tag a product or business in their post. This tag will take viewers directly to the product detail page on the shop where the item can be purchased. Children may also be encouraged by influencers to purchase products that they advertise.

### EXCLUSION & OSTRACISM

Youngsters are highly sensitive to feeling excluded, which comes in many forms: not receiving as many 'likes' as expected; not being tagged in a friend's photo; being unfriended; not receiving a comment on their post or a reply to a message they sent. Being excluded online hurts just as much as offline. Young people have reported lower moods and self-esteem when excluded in this way, feeling as if they don't belong and aren't valued.

## Advice for Parents & Educators

### AVOID GOING PUBLIC

If a young user wants to share their clothing style, make up or similar and use product tagging to show off the items in their post, they may be tempted to change their settings to public. This leaves their profile visible to everyone, which carries the risk of strangers getting in touch with them. Set a child's account to private and explain the importance of keeping it this way.

### HAVE AN OPEN DIALOGUE

Talk to children about the positives and negatives of social media, including the risks involved and how they can view or create content safely with family and friends. Explain how safety settings will ensure only followers can view them, and why this is so important. Also, if you find a child continuously uses filters on their photos, ask them why and impress on them that they don't need it.

### MANAGE LIKE COUNTS

Due to the potential impact on mental wellbeing, Instagram allows users to hide the total likes on their posts, to prevent people from obsessing over that number in the corner. Users can hide like counts on all the posts in their feed as well as on their own posts. This means others can't see how many likes a person gets. This can be done by going into Settings > Notifications > Posts > Likes > Off.

### USE MODERATORS

Instagram Live has implemented a mechanic called 'Moderators', meaning that creators can assign a moderator and give them the power to report comments, remove viewers and remove the ability for certain viewers to comment at all. Consider this if a child in your care wants to go live on the platform. It's also recommended to keep devices in communal spaces so you're aware if a child does go live or watch a livestream.

### FOLLOW INFLUENCERS

Following influencers will allow you to monitor what they're sharing as well as being able to discuss anything which you deem inappropriate. Talk to children about who they follow and help them to develop critical thinking skills about what the influencer is trying to do. For example, encourage the child to ask themselves if an influencer is trying to sell them a product when they make a video endorsing it.

### BALANCE YOUR TIME

Instagram has a built-in activity dashboard that lets you control how much time is spent on the app. Make sure children sign in to the platform with the correct age, as Instagram's 'Teen Accounts' afford much more control for parents and carers over how long they can use the app each day. Talk with young users about how much time they spend on Instagram and work together to set a healthy time limit.

## Meet Our Expert

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



#WakeUpWednesday

The National College



# 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

October is **Black History Month**. This year's theme is "Reclaiming Narratives," and marks a significant shift towards recognising and correcting the narratives of Black history and culture.

This theme underscores a commitment to correcting historical inaccuracies and showcasing the untold success stories and the full complexity of Black heritage. It's about taking control of our stories and honouring our heroes while challenging the narratives that have often overlooked the contributions and achievements of Black individuals both in the UK and globally.

You can use the hashtag #ReclaimingNarratives on social media to find real life stories from people all over the world.



There is a dedicated space on the BHM website that showcases all the related events happening online and across the UK. From learning about afro hair to the black heroes of Mathematics, there is something for everyone.



If reading is more your thing than attending an event, this blog showcases 10 Books by Black British Authors You Should Read. How many have you already read? Which is next on your reading list?!



Another interesting and important topic when considering ethnicity is how the colour of your skin impacts you in the corporate world. In an ideal environment, it shouldn't. However, some companies are still working to improve their diversity and inclusion. You can read more using the BHM's Diversity Dashboard which includes interesting stories from employers such as Coca-Cola, West Yorkshire Police and the Army.



How many black male teachers teach you? Not many, right? That's because there is a lack of black males coming into the education sector. Read more here.

## JOB OF THE WEEK



Building Surveyor

Building surveyors evaluate the quality of buildings and offer advice on how to improve them. They are involved in new buildings, surveying existing buildings and the maintenance of buildings with historical or architectural importance. Watch the video to learn more about working hours, salary and qualifications needed.

## LABOUR MARKET INFORMATION FACT

A study found that 25% of Black professionals were interested in forming their own businesses compared to just 7% of white professionals.

Why do you think this is?

Source

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



# CAREERS NEWSLETTER

## OPPORTUNITIES



In today's fast-paced job market, AI-driven skills are in high demand, yet many talented individuals lack access to the knowledge needed to leverage these powerful tools. [This program](#) enables individuals to confidently use tools like ChatGPT Enterprise and Azure CoPilots across various roles, opening up new career opportunities and ensuring they can contribute meaningfully in modern workplaces.



By answering [6 simple questions](#) right now, you can discover which types of careers are most likely to suit you and the website will then direct you to amazing work experience opportunities and inspirational talks to help bring your career ambitions to life.



Join Lynne Hugill from Teesside University as she explores [the world of fashion and fashion communication](#). The insight provides four sessions which cover;

- The relationship between fashion and identity.
- The specifics of sustainability in fashion and poses the question: is fashion destroying our planet?
- How technology has made a mark on the industry
- Why promoting sustainability is vital for the fashion designers of tomorrow

Lynne also offers some guidance of where the fashion industry is going, and tells you how you can prepare for the future of the industry.



Join Iyi Ogiehor as he explores [the dynamic world of modern banking and finance](#). He begins by introducing you to what banking and finance actually are, why it is important to study them together, and the current trends shaping modern banking and finance. Iyi then takes a deep dive into digital banking, exploring what it is, how it has developed and the key technologies that enable it. He also considers the impacts - both good and bad - of digital banking, and the role of regulation in this area. He then turns the focus to globalised finance, exploring how globalisation shapes banking and finance today, where it originates from, and the core principles that underpin it.

## EMPLOYER SPOTLIGHT

“Finding the right opportunity can be difficult, but we make it simple. No matter which area of the business you’re interested in, we can help you find the role that’s right for you. You just need the enthusiasm and drive to get the most from your experience. And if you do, there’s no limit to how far you could go.”

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

## UNI SPOTLIGHT

“For more than 400 years discoveries and advances from the University of Edinburgh have changed the way the world is understood. Today, we continue to make our mark, with world-leading experts educating the pioneers of tomorrow. Choose to study at Edinburgh and you’ll be investing in an education that will help you build a successful future.”

Read more about [The University of Edinburgh Courses here](#).

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