



FRIDAY 3 OCTOBER 2025

NEWS & VIEWS



AMBITION - RESILIENCE - KINDNESS

HEADTEACHER: MR M SUTTENWOOD



Headteacher's Comment

Chase High School is and will always be a community school, representing and working with our neighbours to ensure the pupils who attend become the best versions of themselves to thrive in an ever-changing society. Inclusion is at the centre of everything we do, educating pupils to overcome the challenges they encounter daily and celebrating the rich diversity among us. As we observe Black History Month, we take time to honour and learn from the significant contributions and achievements of Black individuals throughout history, fostering respect and understanding in our school community. Similarly, European Day of Languages reminds us of the value of linguistic and cultural diversity, encouraging pupils to appreciate different languages and cultures, which enrich our shared experience.

Our school values highlight the need for kindness and we will not tolerate unkindness in any form, and I implore you as parents and carers to support the school and local community so that every child is given the opportunity to enjoy being a child in a safe, inclusive, and respectful environment.

#ProudtobeChase



Black History Month

This week, the whole school explored the importance of Black History Month. To honour this month's theme, "Standing Firm in Power and Pride", a group of students shared their role models during this week's assemblies. Through the stories of Ambition, Resilience and Kindness, we remembered Black individuals who left their marks on history.



Year 9 Parents' Evening

We are holding our Year 9 Parents' Evening online on Thursday 9 October from 16.00 and hope all parents/carers take advantage of speaking with staff about their child's attainment and engagement. The booking system is now open. If you are having difficulties with appointments, please contact Miss Walker on stephanie.walker@chashigh.org. Click the link below to book now!

<https://chasehighschool.schoolcloud.co.uk/>



European Day of Languages Competition

This year, to celebrate the European Day of Languages, students were invited to take part in a two-week long competition on Duolingo. After two weeks of fierce competition, the winning tutor group was announced - well done to 7E1 who won a special breakfast during tutor time next week!

www.chasehigh.org[@chasehighschool](https://www.facebook.com/chasehighschool)[@chasehighschool](https://www.instagram.com/chasehighschool)[@chasehighsch](https://www.twitter.com/chasehighsch)



Sports Round Up

Our Year 11 boys football team narrowly lost to a strong Fitzwimarc team in the South East Essex Football Cup. The player of the match was Richard G.

Our Year 7 boys basketball team played very well in their first ever basketball game against Shoebury. Player of the match was Arthur K.

The Year 7 boys football team lost 2-1 to Southend B in their first football game. The boys Sixth Form team beat Shoebury 2-1, this means they are now on a winning streak with 3 in a row!

The girls U16 and Year 9 netball teams battled valiantly against a strong Shoebury team.

On Wednesday evening, our U16 athletics teams travelled to Lee Valley for the Indoor Athletics Cup. There were some excellent performances highlighted by Morgan's 200m indoor school record and Jack's 300m indoor record!



University Campus of Football Visit

The Careers Department had the pleasure of inviting UCFB into school to talk to a selection of Year 10, 12 and 13 students who have a passion for sport. UCFB were able to talk to the students about the opportunities they offer at the university and helped to give the students more knowledge to help them make choices for their next steps.

BOOK OF THE WEEK!

Rashford Rules by Simon Mugford

Age recommendation: 5+

Short synopsis: Discover how the Manchester boy became United's number 10, scored on his England debut and gained hero status by speaking out against poverty.



Dates for your Diary:

09.10.25 Year 9 Parents' Evening

13.10.25 – 17.10.25 Celebration Assemblies

20.10.25 – 31.10.25 Half Term

06.11.25 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



www.chasehigh.org



[@chasehighschoolsex](https://www.facebook.com/chasehighschoolsex)



[@chasehighschool](https://www.instagram.com/chasehighschool)



[@chasehighsch](https://twitter.com/chasehighsch)

FREE STUDENT WEBINARS

supporting you with exam stress

Provided by your Mental Health Support Team

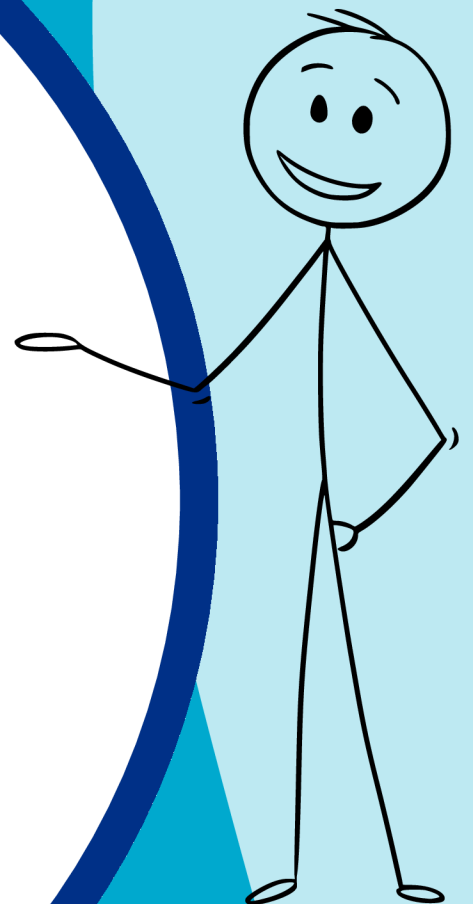
@set_camhs_nhs

SIGN-UP & FIND
OUT MORE



Feeling exam pressure? You're not alone! Join us for an interactive webinar all about managing stress during exam season. We'll explore what stress really is and how to spot when your "stress bucket" is overflowing. Plus, you'll learn simple strategies and practical problem-solving skills to boost your wellbeing and keep exams in perspective. Take away tools you can use every day to feel calmer, more in control and ready to do your best.

21st October - 10am
22nd October - 12:30pm
23rd October - 3:15pm



FREE PARENT WEBINARS

for supporting your secondary aged
child with mental health and wellbeing

Provided by your Mental Health Support Team

@set_camhs_nhs

SIGN-UP & FIND
OUT MORE



Do you need help supporting your child? We offer a variety of online workshops to help you to support your child on the following topics:

- ✓ Understanding anxiety
- ✓ Understanding my low mood
- ✓ Exam stress
- ✓ Emotionally based school avoidance
- ✓ Talking to your teen about wellbeing
- ✓ Understanding autism
- ✓ Understanding ADHD
- ✓ Self-harm

Sessions will be held online during the day and evenings.



FREE PARENT WEBINAR

for supporting your secondary
school aged child with ADHD.

Provided by your Mental Health Support Team

@set_camhs_nhs

Thursday 9th
October
6:30pm



Sign-up using the
QR code.

Join the us for an informative webinar
exploring Attention, Concentration,
Hyperactivity & Impulsivity (ADHD) in Children.

This session will introduce the concept of
neurodiversity and provide a clear
understanding of what ADHD is. We will discuss
the impact ADHD can have on children's daily
functioning at home, school and socially.

Parents will gain practical strategies and
supportive approaches to help their child
thrive. Whether you are seeking to better
understand your child's experiences or looking
for ideas to support them effectively, this
webinar offers valuable insights and guidance.



This webinar will last
approximately 60-90 minutes



MENTAL HEALTH SUPPORT TEAM



North East London
NHS Foundation Trust

FREE STUDENT WEBINARS

for supporting you with your
mental health and wellbeing

Provided by your Mental Health Support Team

@set_camhs_nhs

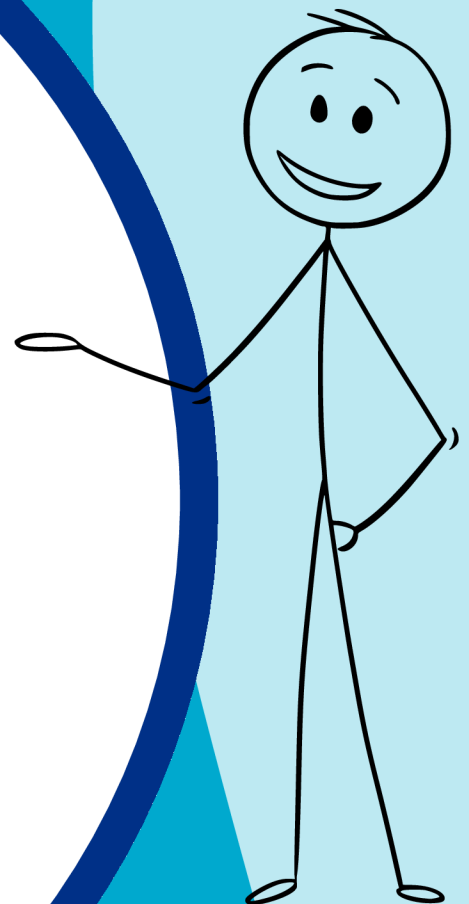
SIGN-UP & FIND
OUT MORE



Do you need help with your mental health and wellbeing? We offer a variety of online workshops to help you on the following topics:

- ✓ Understanding anxiety
- ✓ Understanding my low mood
- ✓ Exam stress
- ✓ Strategies to manage distress
- ✓ Support for neurodiversity:
 - Meltdowns and shutdowns
 - Energy accounting & burnout
 - Communication
 - Sensory needs

Sessions will be held online and will last between 20 and 30 minutes. Use the QR code above to find out the different dates and times!



What Parents & Educators Need to Know about ALLERGIES & ANAPHYLAXIS

An allergy is an overreaction of the immune system to a food or substance that's usually harmless. Symptoms can be mild, but for some people they can be very serious. This is known as anaphylaxis.

HOW TO SAY ANAPHYLAXIS: ANA-FIL-AX-IS

ALLERGIES AND ANAPHYLAXIS

- Mild allergy symptoms are treated with antihistamines.
- Anaphylaxis is treated with adrenaline, which is administered via an auto-injector into the outer upper thigh.
- Anaphylaxis is a medical emergency and a threat to life.



WHAT ADRENALINE DOES

Adrenaline reduces swelling, opens the patient's airways and raises their blood pressure. Patients must go to hospital for monitoring, as the reaction could return.



ANAPHYLAXIS SYMPTOMS

AIRWAY

Symptoms include swelling in the throat, tongue or upper airways; tightening of the throat; a hoarse voice; and difficulty swallowing.



BREATHING

Symptoms include persistent cough; sudden onset of wheezing; breathing difficulty; and noisy breathing.



CIRCULATION

Symptoms include pale and clammy skin; dizziness; feeling faint; sudden sleepiness; tiredness; confusion; and loss of consciousness.



In extreme cases of anaphylaxis, there could be a dramatic fall in the patient's blood pressure. The patient may become weak and floppy, and have a sense of something terrible happening. Any of the ABC symptoms listed above may lead to collapse and unconsciousness and, on rare occasions, be fatal.

TOP 14 FOOD ALLERGENS:

(However, be aware people can be allergic to anything.)



CELERY



FISH



CRUSTACEANS



EGGS



MILK



SOYA



LUPIN



CEREALS



TREE NUTS



SESAME



MUSTARD



MOLLUSCS



PEANUTS



SULPHITES

NON-FOOD ALLERGENS:



POLLEN



PET HAIR/DANDER



INSECT VENOM



MEDICATION/DRUGS

LINKS TO FURTHER RESOURCES - Scan the QR codes to find out more



AllergyWise®



EpiPen



Jext



ADRENALINE
AND AAI's

Meet Our Expert

Anaphylaxis UK is the only UK-wide charity operating solely for the growing numbers of people at risk of serious allergic reactions and anaphylaxis. While there's no treatment or cure for anaphylaxis, we believe that by providing information, training and support, there's a brighter future for people living with serious allergies.



The
National
College®