



## Headteacher's Comment:

The final week of term is always busy and full of amazing activities and events, while still focusing on high-quality lessons. As you can see from the stories below, this week has been no different. I was honoured to be part of the Excellence Assemblies recognising the efforts of pupils who uphold the high standards at Chase every day.

Today, 100 golden eggs were hidden around the school, and eager pupils arrived before 07:00 to hunt them down, with some finding multiple eggs and sharing them with friends. Finally, you will be aware that Ofsted conducted a monitoring visit on Tuesday and Wednesday this week. While I cannot share all the details at the moment, I can inform you that the inspectors were very pleased and stated, "The school is a calm place where pupils are able to learn" and "The school is a pleasant place to be for pupils."

## #ProudtobeChase



## Year 7 Indoor Athletics:

A huge well done to our Year 7 indoor athletics girls on their performance last week at the Lee Valley Finals! A high level competition with lots of talent on show from some of the best athletes in the county and London areas – well done girls!



## Year 7 Castle Competition:

On Thursday lunchtime the History Department held the final round of the Year 7 castle competition looking at Motte and Bailey model entries from across the whole year group. The entries were judged on their accuracy and creativity, and the overall winner was picked by Mr Suttwood, Ms Rock and Ms Diallo. This year's winner was Gracie S! Our top 5 castles were separated by just 3.5 points! An honourable mention goes to our runners up: Harlan M, Billie S-G and Leighton N for their ingenious use of materials!



## Junior Leadership Team:

This half term, the Junior Leadership Team (JLT) met to discuss the pupil voice and explore ideas for positive change. It was a highly productive meeting, with representatives from each year group sharing a range of thoughtful suggestions. The pupils demonstrated great maturity and skill in expressing their views, making their year groups proud.



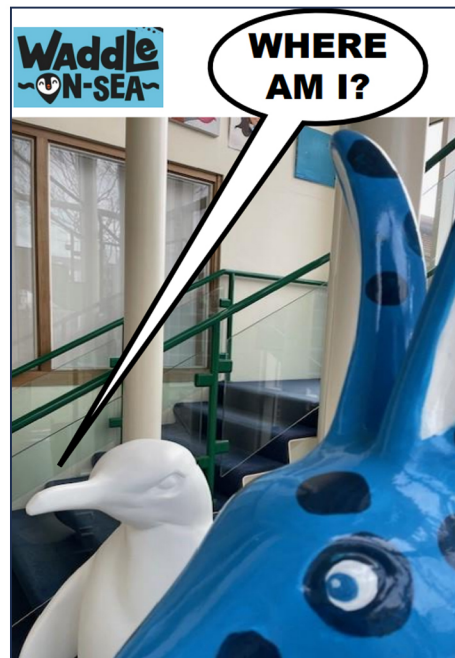


## Where's Waddle:

Congratulations to Ruby in 9S1 who correctly identified that Waddle was hiding in the front entrance of the school, hanging out with the Hare!

Waddle will no longer be hiding after Easter but we will be revealing the final design and the winner of the naming competition soon.

You can still enter by using the link on Satchel One!



## Library Short Story Competition:

Congratulations to Bryan in Year 7 for winning the 50 Word Short Story Competition with this brilliant entry:

"The clock struck midnight as Ella slipped the final letter beneath his door – meet me where the stars touch the sea – she never expected him to follow. But at dawn, footsteps echoed on the cliffs. He found her waiting, heart racing, as the first light kissed the endless horizon."



## Book of the Week!

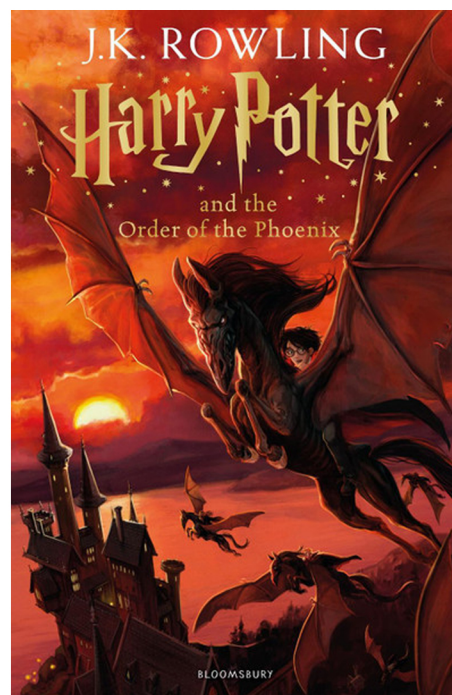
**Harry potter and The Order of the Phoenix**

**Age recommendation: 9+**

**Short synopsis:** Harry Potter is about to start his fifth year at Hogwarts School of Witchcraft and Wizardry. Unlike most schoolboys, Harry never enjoys his summer holidays, but this summer is even worse than usual. The Dursleys, of course, are making his life a misery, but even his best friends, Ron and Hermione, seem to be neglecting him.

**Pupil Review:**

"It's my favourite book because it includes mystery and fantasy at the same time." - Jack, Year 7



## Dates for your Diary:

22.04.25 Return to school on Week 1 Timetable

22.04.25 Reset Assemblies

25.04.25 Author Visit



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# Friends of Chase



**Extraordinary General Meeting**

**EVERYONE IS WELCOME**

**Stay informed and get involved.**

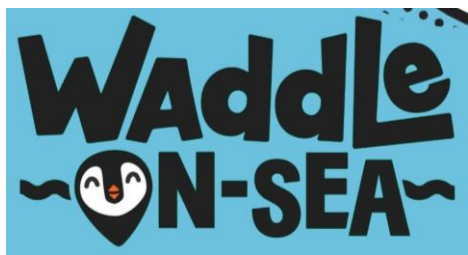
Discussing upcoming events and voting in a new committee.

**Chase High School  
Monday 12<sup>th</sup> May 9:30-10:00**



**Parentkind**  
Bringing together home & school





**WHERE  
AM I?**





# What Parents & Educators Need to Know about INSTAGRAM

AGE RESTRICTION  
**13+**

## WHAT ARE THE RISKS?

### EXCESSIVE SCREEN TIME

Instagram's design encourages prolonged use through endless scrolling of trending content and generating a fear of missing out (FOMO). Children can quickly lose track of time browsing posts from friends, influencers, and strangers, which may disrupt their day-to-day activities.

### AI CHATBOT CONCERNS

Meta's AI, which is available on Instagram, allows users to chat with an in-app chatbot. While often helpful, it can blur boundaries for young users, who may ask for or read content that is inappropriate or see it as a real friend or confidant. Privacy issues also arise, as conversations may not be as secure or private as children assume.

### RISKS OF GOING LIVE

The livestream feature allows real-time broadcasting to followers – or anyone, if the account is public. This increases the chance of unwanted contact from strangers and pressure to act in ways that gain attention, including engaging in inappropriate behaviour. Viewers may also post offensive or harmful comments during live sessions.

### THREADS INTEGRATION

Threads is Instagram's sister app for public, text-based conversations. Posts from Threads appear in users' Instagram feeds and can lead children to view, share, and comment on public conversations with strangers. The content may not always be age-appropriate and can be misleading or false.

### SCHEDULED MESSAGING

Instagram's newer ability to schedule direct messages means that children could receive messages late at night or early in the morning. This can disrupt their sleep or keep them preoccupied before the school day even begins.

### EXCLUSION AND LOW SELF-WORTH

Feeling left out online can have a real emotional impact. Being left out of photos, receiving fewer likes, being unfollowed, or being ignored in chats and comments can leave children feeling excluded, which often hurts as much as in real life. There is a risk this can lead to reduced self-esteem and a sense of not belonging.

## Advice for Parents & Educators

### USE INSTAGRAM'S SUPERVISION TOOLS

Instagram's built-in Family Centre lets parents monitor how much time their child spends on the app. Specialised 'teen accounts' are private by default and offer controls on who can message them. Make sure that children use their real age when registering their account to ensure they have these protections.

### OPEN UP THE CONVERSATION

Talk regularly to the children in your care about what they enjoy on Instagram – and what makes them uncomfortable. Encourage honest chats about filters, body image, and online approval. Reassure them that they don't need to edit their appearance or chase 'likes' to feel valued.

### SET BOUNDARIES FOR THREADS AND AI

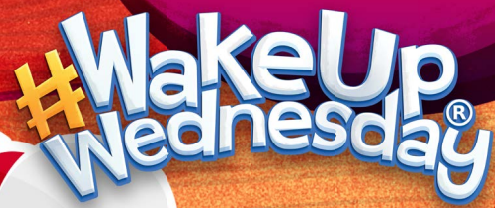
Parental controls on Instagram also apply to Threads. These allow parents to monitor time spent in the app, check follower lists and adjust exposure to sensitive content. Discuss AI features, too, therefore helping children understand that chatbots aren't real people and should be used with care.

### BE MEDIA-SAVVY WITH INFLUENCERS

Parents should follow a few of the influencers their child watches, so they can better understand the content they're seeing. Use this as a springboard to talk about the difference between genuine recommendations and paid promotions – and how online personalities can shape opinions and behaviour.

### Meet Our Expert

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



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