



Headteacher's Comment

#ProudToBeChase

The theme 'Honouring our Communities' is being promoted through assemblies and whole school events over the next few weeks, helping to raise awareness and celebrate Black History Month. Black History Month is an important opportunity to celebrate the achievements and contributions of black people, both within our community and more widely, while also encouraging pupils to learn from the past and reflect on the society we want to build for the future.

As a school community, we are committed to supporting all of our pupils, every day, ensuring they are safe, happy and have access to an excellent education. Parents and carers play a pivotal role in supporting both their children and the school.

We currently have an opportunity for a parent governor to join our Local Schools Committee. If you are interested in making a positive contribution to the school community, I would encourage you to apply. I would also be very happy to speak with anyone who would like to find out more about what the role entails.



Black History Month Assemblies

This October, we started Black History Month with a reminder in assemblies that Black History is being made around us, through acts of leadership, care, service and commitment. This year's theme "Honouring our Communities" encourages us to recognise the contributions of black people who are part of our everyday lives, yet sometimes go unseen.



Prefect Training

Our prefects recently took part in training to prepare them for their important role within the school community. During the session, they explored the different areas of school life they will support and worked through a range of scenarios they may face, discussing how to respond confidently and appropriately. The training encouraged our prefects to demonstrate our **ARK values** in everything they do, acting as positive role models and helping to create a supportive, respectful and successful school community.



SPORT ROUND UP!

Our U15 girls' football team lost 2 - 0 to Shoebury High School. They played very well and were unlucky with the end result. The player of the match was Belle.

The Year 10 boys' rugby team were defeated by a very strong Westcliff High School for Boys team. Mr Sturge was very impressed with our pupils' commitment to the tackle. The player of the match was Logan.

Our Year 7 boys' football team lost to a strong Cecil Jones team. Mr Biggie was pleased with their improved second half performance. Beau was player of the match.



Our U16 girls' netball team were defeated by Cecil Jones Academy. Miss Pask was pleased with the pupils making their debut. The player of the match was Rachel.

Our Year 7 girls' netball team were defeated by Cecil Jones. Miss Thompson commended the team's determination throughout the game. The player of the match was Nasheylya.

Mr Gridley said our Year 8 boys' rugby team did really well at the Essex tournament, showing commitment throughout all three matches. Noah was player of the tournament.

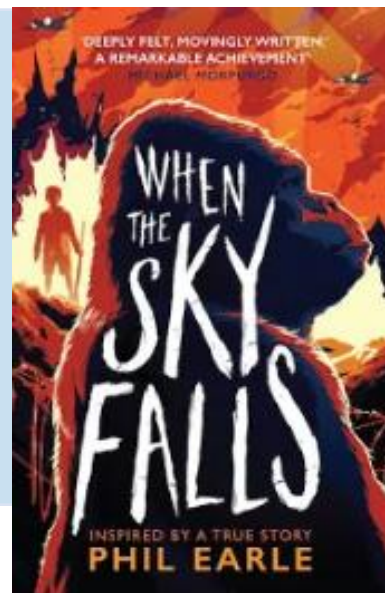
Our Year 10 boys rugby team lost 5 - 0 to Eastwood Academy. The player of the match was Vinni. Mr Sturge was really pleased with the teams' improving technical ability.

Our Year 9 netball team beat Westcliff High School for Girls 18 - 8. Players of the match Liliana and Neve.

BOOK OF THE WEEK!

When the Sky Falls by Phil Earle

A powerful novel set in London during the Blitz. Twelve-year-old Joseph is sent to live with the fierce Mrs F during the bombing, where he forms an unexpected friendship with Adonis, a huge and frightened gorilla at the zoo. As the bombs fall and the animals are endangered, Joseph must confront his own fears. Through his growing bond with Adonis, he discovers courage, compassion and the importance of friendship, making this an emotional story about survival, resilience and finding hope in the darkest of times.



Dates for your Diary

05.10.26 - Flu Vaccinations

08.10.26 - P16 Open Evening



DISCOVERY
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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 SCHOOL

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GREAT FOOD | FUN QUIZ | SUPPORT OUR SCHOOL

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THURSDAY
15TH OCTOBER 2026



7PM



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SCHOOL

DELICIOUS CURRY • FUN QUIZ • A GREAT CAUSE

ALL PROCEEDS GO TOWARDS
NEW STAGE LIGHTING
AND HOSPITALITY EQUIPMENT



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Quiz
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CHASE HIGH SCHOOL

SIXTH FORM OPEN EVENING

Thursday 8 October
16:00 – 19:30



AMBITION - RESILIENCE - KINDNESS

At Chase High Sixth Form, we provide the freedom, support, facilities, and care to help you take your next step into university, apprenticeships, or even employment.

For more information or to book a tour please email **sixthform@chasehigh.org**

VACANCY FOR A **PARENT GOVERNOR**



We have a vacancy for a Parent Governor on our governing body and warmly welcome applications from parents and carers who want to help our school and make a positive difference for our students.



WHAT DOES A GOVERNOR DO?

- Work as part of a team to set the strategic vision and direction of the school.
- Hold the headteacher to account for educational performance.
- Oversee the financial performance of the school and make sure funds are well spent.
- Provide a vital link between the governing body, parents and the local community.



WHAT SKILLS DO YOU NEED?

- No special qualifications or prior experience are required.
- You just need enthusiasm, an interest in children's education and a willingness to ask questions and learn.
- Free training and full support are provided.



TIME COMMITMENT

- Attend approximately 3–6 meetings per year.
- Occasional visits to the school during the school day.
- A willingness to read paperwork and prepare ahead of meetings.



ELIGIBILITY

- You must be the parent or carer of a registered pupil at Chase High School at the time of your election.



HOW TO APPLY OR FIND OUT MORE

Please contact:

katrina.walsh@chasehigh.org

What Parents & Educators Need to Know about LOOKSMAXXING

WHAT ARE THE RISKS?

Looksmaxxing is an online trend focused on improving one's physical appearance, particularly among boys and young men. At the milder end, it can involve grooming, skincare, diet and exercise advice, sometimes called "softmaxxing". At its extremes, or "hardmaxxing", it can promote unproven or dangerous practices and contribute to body image concerns, low self-worth, and mental health difficulties.

TARGETING MALE INSECURITIES

Although usually aimed at men, looksmaxxing can also reach boys by promising to improve their appearance and dating success. Forums offer 'objective', and sometimes brutal, views on attractiveness, while influencers may make appearance seem all-important. Advice ranges from useful tips on hygiene, skincare, and fashion to more concerning guidance.

DUBIOUS ADVICE

Some advice moves into dubious territory. One example is "mewing", a tongue exercise claimed to create a more masculine jawline. The American Association of Orthodontists says evidence for its effectiveness is limited and warns that following such guidance could contribute to tooth alignment problems, bite issues, and speech difficulties.

EXTREME REMEDIES

Some DIY remedies are even more extreme and potentially dangerous. While fears of "bonesmashing" – which involves trying to alter the cheekbones using blunt objects for a more 'masculine' appearance – may sometimes be overstated in the media, other guidance can also cause harm. Untrained use of microneedling and derma rollers, taking substances or medication without appropriate medical guidance, and overusing skincare products can all have potentially harmful consequences.

BODY IMAGE ISSUES

This pursuit of physical perfection can become obsessive and contribute to serious body image issues. Exposure to looksmaxxing content can encourage teenagers to tie their appearance to their value and self-worth, as well as making boys and young men feel they need to change perfectly normal aspects of their appearance. This can be associated with disordered eating, overexercising, or other obsessive behaviours that interfere with everyday life.

MENTAL HEALTH PROBLEMS

As well as the physical consequences, body image concerns can be associated with mental health difficulties, such as depression, anxiety, low self-esteem, body dysmorphic disorder, and psychological distress. They can cause problems both at school and at home, with children and young people potentially avoiding social situations because they fear their appearance will be negatively judged by others.

A PATHWAY TO EXTREMES

Looksmaxxing has its roots in online 'incel' communities but has since become more mainstream on platforms such as TikTok. Algorithm-driven feeds may show users more extreme material as they interact with similar content. Some looksmaxxing spaces have also been linked with misogynistic, incel, and white supremacist ideologies.

Advice for Parents & Educators

WATCH FOR CHANGES

Keep an eye out for concerning behavioural changes in children and young people. This could include an obsession with diet and exercise, spending more time on social media apps, becoming secretive with their phone, or a shift in how they interact with friends and family. If a young person suddenly becomes distressed by their appearance or adopts rigid or extreme routines, try to understand what may be behind the change.

LISTEN FOR THE LINGO

Like many internet communities, looksmaxxing groups and influencers use distinctive language. As well as "mewing", mentioned above, you might hear terms such as "Chad" (an attractive male), "foid" (a misogynistic term for a woman), and "mogging" (looking more attractive than someone else). Other examples involve adding "maxxing" to another word, such as "jestermaxxing" (using humour to attract women) and "starvemaxxing" (extreme dieting).

CHECK THE SOCIAL MEDIA

Social media algorithms are tailored to each user, meaning what appears on your feeds may be dramatically different from what children see on theirs. Try to get an idea of the content children and young people are consuming online, and use available parental controls where appropriate. TikTok, for example, provides tools that can help families manage or filter certain types of content.

TALK TO YOUR CHILDREN

Open communication can help children and young people recognise misleading influencers and harmful online communities. Discuss unrealistic ideas about appearance and explain that some creators benefit from controversial or extreme content. Talk about the risks of unqualified health advice and how people's insecurities can be exploited online, while making it clear that it's okay to speak openly about any concerns.

Meet Our Expert

Alan Martin is a technology journalist who has written for publications including Wired, TechRadar, The Telegraph, The Evening Standard, The Guardian and The New Statesman.



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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

World Space Week is an international celebration of science and technology, and their contribution to the betterment of the human condition. The United Nations General Assembly declared in 1999 that World Space Week will be held each year from October 4-10. These dates commemorate two events:

- October 4, 1957: Launch of the first human-made Earth satellite, Sputnik 1, thus opening the way for space exploration
- October 10, 1967: The signing of the Treaty on Principles Governing the Activities of States in the Exploration and Peaceful Uses of Outer Space, including the Moon and Other Celestial Bodies.

In this session, NASA Flight Controller Amy Dill will be talking about her experience at Mission Control, what it's like to help astronauts while they are in space, the role of rockets, and what skills are needed to work in the space sector.

Astro Pi Mission Zero is a free, beginner-friendly challenge from ESA and the Raspberry Pi Foundation. In under an hour, participants write a short Python program that displays an image or animation on an Astro Pi computer aboard the International Space Station. The program also reads live data from the Astro Pi's colour and luminosity sensor to set the background colour, so the artwork responds to real conditions in space. No previous coding experience is needed, and no physical kit is required.

Space - the final frontier, now closer in reach than ever before. Companies worldwide are looking to the skies with the hope of exploring, and being one of the leading stars in the space sector. But, what do they need to get there, and how does the Civil Aviation Authority come into this? Join this Sprint with the Civil Aviation Authority, and use your skills to understand the process of preparing a spacecraft launch licence application, and, with the help of expert professionals, you'll understand key aspects around exploring space.

In this captivating Subject Spotlight, Paul Sant presents: Computer Science: Space explanation, AI and beyond. He explains what computer science is, fundamental skills for a computer scientist and how computer science has revolutionised industry. Paul then talks about why AI is the future for learning, considers the failings of AI, and discusses the impact of AI on society in the modern age. Paul discusses the role of computer science in the fascinating case study of the Mars Rover, which failed and crashed in 1999.

JOB OF THE WEEK



Planetary Scientist

A planetary scientist studies the origin, evolution, and physical characteristics of planets, moons, asteroids, and other bodies in the solar system. To access this role, you often need to earn an undergraduate degree in physics, geology, astronomy, chemistry, or planetary science. You will need strong abilities in mathematics, computer programming, data analysis, and scientific problem-solving.

LABOUR MARKET INFORMATION FACT

The UK space industry directly employs around 55,550 people, with employment growing by nearly 7% in a single year (2022/23).

When supply-chain and wider supported jobs are included, the sector supports around 137,000 UK jobs.

Source

If you have any questions or need support, please email careers@chasehigh.org



CAREERS NEWSLETTER

OPPORTUNITIES

The UK Parliament Work Experience programme is ideal for students who want to gain more experience in the world of work. This programme is delivered remotely via Waypoint, a platform provided by SixtyLearn, enabling more young people to gain insight into careers at Parliament. This programme gives you the chance to explore Parliament as a workplace, try realistic tasks inspired by real roles, get personalised feedback to help you grow, and learn about the teams that make Parliament happen!



Free webinar for Year 12 and 13 students and parents: What Top Universities Are Really Looking For. Former Head of Careers Kate Grace will discuss how admissions tutors read personal statements and what builds a truly competitive application. It runs Wednesday, 30 September, from 7 to 8 pm. Slides and a replay will be sent to everyone who registers.



If you are interested in applying for the RPC Solicitor Apprenticeship and would like to find out more, you can attend their virtual insight evening which will run from 5 pm – 7.30 pm on Wednesday 14 October 2026. It's a fantastic opportunity to gain an insight into their work and clients, get to know their people, hear about the apprenticeship study course from The University of Law and ask their apprentices first-hand about their experiences. Their early talent team will host the event and will be on hand to answer questions and provide advice on how to apply.



The National Cyber Force is a partnership between defence and intelligence, responsible for operating in and through cyberspace to counter threats, disrupting and contesting those who would do harm to the UK and its allies, to keep the country safe and to protect and promote the UK's interests at home and abroad. Working in cyber provides you with the chance to use your skills to their full potential and play your part in keeping the country safe. The Government's agencies need both technical and non-technical people, with both providing their own individual knowledge and experience. By joining this insight event on Tue 20th Oct 4:30PM - 6:30PM, you'll learn about how you can get involved in vital work to keep the country safe.



EMPLOYER SPOTLIGHT

AstraZeneca is a global pharmaceutical company that researches, develops and produces medicines used by patients around the world. Young people interested in science don't have to become doctors: its early careers opportunities cover science, engineering, manufacturing, digital technology, data and business. UK routes include apprenticeships, work experience, undergraduate placements and graduate programmes, offering different ways to begin a career within healthcare and life sciences.

UNI SPOTLIGHT

LSE is a specialist university focused on social sciences. Courses cover areas including economics, politics, law, geography, international relations, sociology, management and finance. Its central London location creates opportunities to engage with businesses, government, charities and international organisations. LSE could particularly suit students who are interested in understanding how society, politics, economics and organisations work and enjoy discussing important global issues.

If you have any questions or need support,
please email careers@chasehigh.org

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