



FRIDAY 5 SEPTEMBER 2025

NEWS & VIEWS



AMBITION - RESILIENCE - KINDNESS

HEADTEACHER: MR M SUTTENWOOD



Headteacher's Comment

Welcome back to another exciting year at Chase High! I had the pleasure of welcoming the new Year 7 and Year 12 students on Monday, followed by the rest of the school on Tuesday. It has been an excellent start to the year, building on the positive Ofsted monitoring visit during the penultimate week of the summer term - more information will follow shortly.

The school and sixth form have celebrated some of the best exam results ever this year, highlighting the resilience and dedication of both pupils and staff. The launch of **ARK - Ambition, Resilience, and Kindness** - our new school values, has been well received, with pupils and staff demonstrating these at every opportunity.

I look forward to meeting new parents and carers, as well as those who are not so new, over the coming year.

#ProudtobeChase



Results 2025

A huge congratulations to our Year 11 and Sixth Form students who collected their exam results during the summer break. We are incredibly proud of our pupils' performance. Their success is a testament to their hard work, determination and resilience. We are pleased to say more than 70% of our Sixth Form students secured their first choice of university. Our students are going on to study Criminology, Law, History, Politics, Creative Writing, Cyber Security, Accounting and Finance – to name just a few! Please click the images to explore the students' academic journeys.

Chase High School Ukrainian pupil celebrating GCSE results

1 HR AGO EDUCATION



echo-news.co.uk

First mayor's cadet and Westcliff head boy has RAF
in sights after A-Level results

Record-breaking athlete celebrates GCSEs at Westcliff school

1 HR AGO EDUCATION



Summer School

During the summer break, we were joined by over 120 of our new Year 7 pupils at our annual summer school, which aims to support the transition from primary to secondary school. The pupils had lots of fun and enjoyed a number of activities such as an inflatable assault course, a petting zoo, and a water fight on the school field. It was a great chance for them to meet some of their teachers, find their way around the school and get to know some of their peers.

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



Year 7 Freshers Fair

This week, Year 7 pupils were able to experience a freshers event where they could sign up for a diverse range of extra-curricular activities. Organised by dedicated staff, the Year 7 club sign up event was a tremendous success, with enthusiastic participation from both pupils and teachers alike. From sports teams to academic clubs, to arts, music and specialist interest groups, the options were endless, ensuring that there was something to spark the interest of every pupil. Year 8 through to 13 will be able to go along and join the clubs throughout the week, please encourage your child to find something to attend. All clubs start from Monday 8 September, please see the clubs offer attached or available on the Chase High website.

For those pupils interested in the Duke of Edinburgh, there will be an introduction, next Tuesday for Year 9 Bronze award and Wednesday for Year 10 to 13 for the Silver award in the London building canteen after school.



CHASE HIGH PE DEPARTMENT EXTRA-CURRICULAR TIMETABLE 1ST HALF AUTUMN TERM 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Before School 7.30am-8.10am	Basketball Year 10/11 Boys Mr Copsey/Mr Biggie	Cross Country All Years Boys & Girls Mr Copsey Basketball Year 9, 10 & 11 Girls Miss Thompson/Mrs Lane Basketball (upper gym) Year 9 Boys Mr Sturge	Rugby All Years Girls & Boys Mr Sturge Basketball Year 7 & 8 Boys Mr Gridley/Mr Howe	Basketball Year 7 & 8 Girls Mrs Lane/Miss Mayes Cross Country All Years Boys & Girls Mr Howe Badminton All Years Boys & Girls Mr Biggie	ESA Training Invite Only (Miss Mayes)
Lunchtime 1.25pm-1.50pm	Badminton All Years Boys & Girls Mr Biggie	Basketball All Years Boys & Girls Mr Copsey	Badminton All Years Boys & Girls Mr Biggie	Basketball All Years Boys & Girls Mr Copsey	Basketball All Years Boys & Girls Mr Copsey
After School 3.15pm – 4.15pm	Staff Meetings Football Year 10 & 11 Boys Chelsea Coach Football Year 10 & 11 Girls Chelsea Coach	Rugby Year 9 Boys Mr Sturge Rugby All Years Girls Miss Mayes Basketball 9, 10 & 11 Girls Miss Thompson/Mrs Lane Basketball Year 7 & 8 Boys Mr Howe	Football Year 7 & 9 Boys Mr Gridley/Mr Adekola/Mr Sturge Football Year 8 Boys Mr Biggie/Mr Howe Rugby Year 10 Boys Mr Copsey Basketball Year 7 & 8 Girls Miss Mayes/Mrs Lane	Rugby Year 7 & 8 Boys Mr Gridley/Mr Howe Football Year 10 Boys Mr Copsey Netball Year 7, 8 & 9 Mrs Lane/Miss Mayes	Football All Years Girls Miss Mayes Netball Year 10 & 11 Girls Miss Thompson Basketball Year 9 Boys Mr Sturge Basketball (upper gym) Year 10 & 11 Boys Mr Copsey/Mr Biggie



Dates for your Diary:

11.09.25 School Photographs

11.09.25 - Year 11 Raising Achievement Evening 17.00 – 19.00

25.09.25 Year 7 Welcome 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



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AMBITION - RESILIENCE - KINDNESS

KS4 EXTRA-CURRICULAR TIMETABLE AUTUMN TERM1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKTIME 11.00-11.20	SEN DEN D Ringrose SEN	SEN DEN D Ringrose SEN	SEN DEN D Ringrose SEN	SEN DEN D Ringrose SEN	SEN DEN D Ringrose SEN
LUNCHTIME 13.25-13.50	SEN DEN V Bradley MM30 LRB Veryan Knight Chat and Chill – ML25 K Lucas & N Ringrose Homework Club L Bayliss ML12	SEN DEN V Bradley MM30 LRB V Knight Chat and Chill – ML25 K Lucas & N Ringrose French Club LF5 E Saidou Homework Club L Bayliss ML12	SEN DEN V Bradley MM30 LRB V Knight Chat and Chill – ML25 K Lucas & N Ringrose Politics LG4 S Mustafa Homework Club L Bayliss ML12	LGBTQ+ G Bates LS5 SEN DEN V Bradley MM30 LRB V Knight Chat and Chill – ML25 K Lucas & N Ringrose Chess Club library L Bayliss ML12 International Film Club E Saidou LF5 Christian Lunch Bites J Whitfield LS6 Homework Club L Bayliss ML12	Film Club J Whitfield LS6 SEN DEN V Bradley MM30 LRB V Knight Chat and Chill – ML25 K Lucas & N Ringrose Fundraising Club L McCusker PF7/PF8 Advanced RPG Society G Bates LS5 Homework Club L Bayliss ML12
AFTER SCHOOL 15.15 – 16.15	Dance club E Kempton MU34 Homework Club M Howard ML24	STEAM in DT H Stokes MM32 Performance Choir (Bellacapella) A Clifford-Tait MU30 RPG Society G Bates LS5 Creative Writing M Dewsbury / H McHugh ML39 Spanish Club T Ohakwe LF3 P16 Psychology H Turner PS1 German Club S Jackson LF6 Dance Club S Larking/N Heighway MU34 Homework Club M Howard ML24	Show Rehearsal J Cassar/A Clifford-Tait MU34 Film & Photography B Krawetzke PS7 GCSE Psychology Hannah Turner PS1 Homework Club M Howard ML24 Duke of Edinburgh S Walker - London Building Canteen	Careers Drop in L Procter/R Willy ML12 Drama Club S Larking MU34 Esports N McGauley PS5 STEAM in Science J Cooper ML4 Art GCSE Taster club G Miller MM45 History Club S Jones LF4 Homework Club M Howard ML24	

KS3 EXTRA-CURRICULAR TIMETABLE AUTUMN TERM1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKTIME 11.00-11.20	SEN DEN D Ringrose SEN	SEN DEN D Ringrose SEN	SEN DEN D Ringrose SEN	SEN DEN D Ringrose SEN	SEN DEN D Ringrose SEN
LUNCHTIME 13.25-13.50	SEN DEN V Bradley MM30 LRB Veryan Knight Chat and Chill – ML25 K Lucas & N Ringrose Homework Club L Bayliss ML12	SEN DEN V Bradley MM30 LRB V Knight Chat and Chill – ML25 K Lucas & N Ringrose Gaming Club- ML22 S Butcher French Club E Saidou LF5 Geography Club S Magnus-Condappa LS1 Homework Club L Bayliss ML12	SEN DEN V Bradley MM30 Christian Lunch Bites J Whitfield LS6 LRB V Knight Chat and Chill – ML25 K Lucas & N Ringrose Politics LG4 S Mustafa Homework Club L Bayliss ML12	LGBTQ+ G Bates LS5 SEN DEN V Bradley MM30 LRB V Knight Chat and Chill – ML25 K Lucas & N Ringrose Chess Club I& Homework Club L Bayliss ML12 Art Club E Scates MM44 International Film Club E Saidou LF5 Spanish Club T Ohakwe LF3 Geography Explorers Club S Green LS3 Gaming Club (Wk 1 only) S Butcher ML22 Christian Lunch Bites J Whitfield LS6	Film Club J Whitfield LS6 SEN DEN V Bradley MM30 LRB V Knight Chat and Chill – ML25 K Lucas & N Ringrose Advanced RPG Society G Bates LS5 Gaming Club (Wk 2 only) S Butcher ML22 Homework Club L Bayliss ML12
AFTER SCHOOL 15.15 – 16.15	Dance club E Kempton MU34 Homework Club M Howard ML24	Homework Club M Howard ML24 STEAM in DT H Stokes MM32 Food Fiesta Yr7/8 N Heighway MM29 WK2 only) Performance Choir (Bellacapella) A Clifford-Tait MU30 RPG Society G Bates LS5 Creative Writing M Dewsbury / H McHugh ML39 Spanish Club T Ohakwe LF3 German Club S Jackson LF6 Dance Club S Larking/N Heighway MU34 Duke of Edinburgh Year 9 Only B Krawetzka London Building Canteen	Homework Club M Howard ML24 KS3 Maths Club N Jones MU18 Show Rehearsal J Cassar/A Clifford-Tait MU34 Film & Photography B Krawetzke PS7 German Club SJA LF6	Homework Club M Howard ML24 Food Fiesta Yr. 8 & 9 invitation only C Spencer MM26 Drama Club S Larking MU34 Careers Drop in L Procter/R Willy ML12 STEAM in Science J Cooper ML4 Esports N McGauley PS5 History Club S Jones LF4	

10 Top Tips for Parents and Educators

RECOGNISING & MANAGING STRESS

According to recent studies, over 60% of young people report feeling regularly overwhelmed – with stress impacting their learning, emotional wellbeing and social connections. If left unaddressed, stress can lead to more serious concerns such as anxiety, depression or disengagement. This guide offers ten practical, evidence-based strategies to help children and young people recognise, manage and recover from stress in healthy ways.

1 SPOT THE SUBTLE SIGNS



Look out for changes in mood, behaviour, or energy levels, such as irritability, withdrawal, clinginess, or frequent headaches. These may indicate that a child is feeling overwhelmed. By tuning into these cues early and offering a calm, non-judgemental space to talk, adults can help children feel heard and supported before issues escalate.

2 KEEP CONVERSATIONS FLOWING



Make time for open, informal check-ins – whether it's during car journeys, over dinner, or in quiet classroom moments. Let children know it's okay to talk about what's bothering them. Regular, low-pressure conversations create a safe space where emotions are validated, not dismissed.

3 MAKE MOVEMENT PART OF THE DAY



Physical activity can dramatically reduce stress hormones while improving mood and focus. Encourage movement through activities children genuinely enjoy – from team sports to dancing around the kitchen. Even light activity like stretching or walking the dog can help us all unwind.

4 SUPPORT HEALTHY SLEEP PATTERNS



Poor sleep makes stress harder to manage. Establish a calming evening routine that avoids screens before bedtime and promotes winding down, such as reading, listening to music, or chatting quietly. Good sleep hygiene helps reset mood, enhances concentration, and boosts emotional resilience.

5 PRACTISE MINDFULNESS



Mindfulness doesn't have to mean long periods of meditation. A few slow breaths before lessons or short family meditation sessions before bed can make a real difference. These simple habits help children ground themselves, reduce emotional reactivity, and build inner calm over time.

6 SET DIGITAL BOUNDARIES



Excessive screen time, especially before bed or on social media, is linked with higher stress levels. Set clear expectations for when and where devices can be used and suggest screen-free alternatives like crafts, nature walks, or board games to promote digital balance and reduce overstimulation.

7 NURTURE SOCIAL CONNECTIONS



Strong relationships act as a buffer against stress. Whether it's a trusted adult, a sibling, or a good friend, ensure children have people around them they can talk to and spend quality time with. Help them build those bonds through shared activities and meaningful interaction.

8 PROGRESS OVER PERFECTION



Set realistic goals and praise effort, not just outcomes. When children feel pressured to be perfect, stress naturally follows. Celebrate small wins and help them reframe setbacks as learning opportunities. This helps build confidence and reduces the fear of failure.

9 TEACH EVERYDAY PROBLEM-SOLVING



Use real-life scenarios to build resilience. Encourage children to identify problems, consider possible solutions, and choose a plan of action. Practising these steps builds a sense of control and reduces the helplessness that often accompanies stress.

10 BE THE MODEL THEY NEED



Children notice how adults respond to challenges. Model healthy coping strategies such as taking breaks, asking for help, or calmly expressing frustration. By showing how you manage stress constructively, you help normalise these behaviours and encourage children to do the same.

Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.



#WakeUpWednesday

The National College

HEALTHY HABITS: LUNCH & LEARN

Bite-sized sessions every Monday in September for parents/carers with children in Southend Schools



Healthy Eating & Eating on a Budget

Save ££ while feeding your family well

Monday 8th September

12pm
Online



Scan to book this session

Healthy & Hassle Free Lunchboxes

Quick wins for stress-free packed lunches

Monday 15th September

12pm
Online



Scan to book this session

Sugary Snacks & Oral Health

Find out what's really in your child's snacks

Monday 22nd September

12pm
Online



Scan to book this session

Fussy Eating

Turn mealtime stress into success

Monday 29th September

12pm
Online



Scan to book this session

