



## Headteacher's Comment:

Chase needs you! Would you like to become a 'Friend of Chase' and help support the school in organising fundraising events or charity quiz nights, perhaps help out with school trips and visits? If you think you could spare some time and energy to get involved let us know, information attached to this edition.

#ProudToBeChase



## Somme Trip:

A group of 54 Year 9 students recently travelled to France to visit the Battlefields of World War 1 and to experience French culture. Over the three days, the group visited the Loughnagar Crater, the Vimy Ridge and had the chance to bake bread in a traditional boulangerie. The group also visited a snail farm where they handled snails and a few brave students even tried them for the first time!



## Maths Residential:



Last week our Maths department took a group of Year 11 students on a three day residential to the Kingswood Activity Centre in Ashford, Kent. Over the three days, students took part in ten maths sessions, focusing on key areas in preparation for GCSE Exams and as a reward for their hard work, had the opportunity to take part in outdoor activities including the 45-foot high 3g swing, zip line and 50-foot leap of faith! They also enjoyed a cinema and pizza night and Saturday night disco!



## New House Badges:

Year 7 pupils have received brand new house badges to wear proudly on their blazers. Four types of badges were designed and created by Year 13 student Damirs. The Junior Leadership Team then voted on which design they liked the most. A huge thank you to Damirs for creating such smart and professional looking badges. The Year 7 pupils can now proudly wear their house colours around the school.





## Year 10 Work Experience:

Could you support our Year 10 students in finding a work experience placement? Please could you ask your friends and family if they would be able to host a Year 10 student for work experience from Monday 13 May to Friday 24 May 2024.

Please contact [lauri.proctor@chasehigh.org](mailto:lauri.proctor@chasehigh.org) for further information or to offer a place.



## Year 7 Parents' Evening:

We are holding our Year 7 Parents' Evening online on Thursday 14 March from 3.00 pm 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 in booking appointments, please contact Mrs Carretta, Deputy Head of Year 7.

**Click here to book an appointment!**



## Word of the Week:

The word of the week from Monday 4 March 2024 is **Compose**; To write or create a piece of art (music, literature, art).

**Compose**

To write or create a piece of art (music, literature, art).

LORIC COMMUNICATION



## House points totals for this week



868



1082



918



986



## Dates for your Diary:

04.03.24 – 08.03.24 World Book Week

05.03.24 Friends of Chase Meeting 3.30 pm

06.03.24 Year 7-10 Caddies Reward Trip

07.03.24 Year 10 Curriculum Evening

13.03.24 Year 7 Take your Child to Work Day

14.03.24 Year 7 Virtual Parents' Evening



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**Chief Executive Officer: Mr R Duff**

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# CHASE HIGH SCHOOL

## Aspiration, Character & Excellence

**Headteacher:**  
Mr Matthew Sутtenwood  
BSc(Hons), NPQH

**Tel:** 01702 354441

Ref: NRO

26 February 2024

Dear Parents/Carers

### **Re: Friends of Chase**

We hope this letter finds you well. As we embark on another exciting opportunity at Chase High School, we wanted to extend a special invitation to you to become a part of the Friends of Chase parent-staff group.

The Friends of Chase plays a vital role in enhancing our school community by fostering collaboration between parents, staff and other stakeholders. By joining this group, you will have the opportunity to actively contribute to the success and enrichment of our students' educational experience.

As a member of Friends of Chase, you will have the chance to participate in various initiatives and events aimed at supporting our school's goals. Whether it's organising fundraisers, planning educational workshops, or volunteering for school activities, your involvement will make a difference in the lives of our students.

Moreover, being a part of Friends of Chase provides a platform for you to connect with other parents, share ideas, and build lasting friendships within our school community. Together, we can create a supportive and inclusive environment where every child can thrive.

We invite you to attend our upcoming meeting on Tuesday 5 March 2024 at 3.30 pm to learn more about Friends of Chase and how you can get involved. Your input and participation are invaluable to us, and we look forward to working together to make Chase High School the best it can be. Alternatively, you can email [Nichola.rock@chasehigh.org](mailto:Nichola.rock@chasehigh.org) if you would like to get involved but cannot make the meeting.

Thank you for your continued support and dedication to our school. We truly believe that by coming together as a community, we can achieve great things for our children.

Yours faithfully

**Miss N Rock**  
**Assistant Headteacher**



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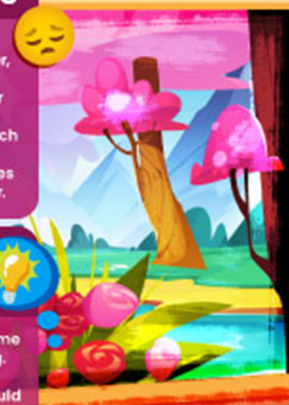
Chief Executive Officer: Mr R Duff  
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# Top Tips for Supporting Children Who Are EXPERIENCING BULLYING

In a DfE survey, 36% of parents said that their child had been bullied in the past year, while 29% of secondary school headteachers reported bullying among students. Public Health England states that young people who maintain positive communication with their family were less likely to experience bullying – so it's important that parents, carers and educators know how to talk to children about bullying.

## 1. WATCH FOR BEHAVIOURAL CHANGES

Children who are experiencing bullying may become quiet, withdrawn, or anxious; however, they may also act on the pain and anger that they're feeling. A shift in attitude towards their existing friends (or not mentioning them any more at all) or alluding to new friendships which seem notably different could also be warning signs. It's important to be alert to such changes and talk to your child about them if they occur.



## 2. THINK THINGS THROUGH

Before acting, ask yourself if this is the right time and place to address concerns about bullying. Might your worries trigger strong feelings – perhaps from your own experiences – that could discourage your child from opening up to you? You could try discussing what you've noticed with another trusted adult who knows your child well.

## 3. BE OPEN AND UNDERSTANDING

Try to outline to your child the changes that you've noticed in their body language, appearance, behaviour, or tone of voice – and do so without sounding judgemental. Help them to describe what they're feeling – be it anger, sadness, fear or something else – as accurately as possible. If they say they're "angry", do they mean "enraged" or "frustrated"? This will help them to understand how they're feeling and why.

## 4. LET THEM SPEAK FREELY

Use open questions and a welcoming tone to encourage your child to talk. Listen closely and summarise what they've said at appropriate points (ideally without interrupting) to demonstrate that you're understanding clearly. Bullying may have undermined your child's sense of control, and they may fear that you'll judge them, overreact or impose consequences – so this conversation can reassure them being honest with you was the right decision.

## 5. CALL A TIME OUT

A conversation about bullying could leave both you and your child feeling distressed. It's important to recognise this and pause at suitable moments to calm down. Take deep breaths, enjoy a hot drink or even have a cathartic cry. This can reinforce trust, while also helping you both feel that you have control over the situation and the emotions that you're feeling.

## 6. STAY INFORMED

Make sure you know your child's school's definition of, response to and relevant contacts for bullying. This information should be in their anti-bullying policy, which ought to be available on the school's website. Class teachers or form tutors are usually the first point of contact, though there may be dedicated support teams or key workers to help your child, depending on the specific situation.

## 7. PREP YOUR CHILD FOR THE RESPONSE

Schools' responses to bullying vary depending on whether they're resolving disagreements and arguments, or addressing unintended verbal or physical harm and so on. It's important to work out with your child whether any harm was intentional, how much control they had over the situation and how often such incidents have occurred. Reporting concerns accurately will get the best outcome for your child more quickly.

## 8. SUMMARISE YOUR CHILD'S EXPERIENCE

When you contact the school, make sure you've precisely described what your child experienced: what happened; when; where; and who was involved. This will help the school to investigate further, identifying any witnesses, as well as those who were directly involved. It can also help the school to know how your child is feeling and how they'd like the matter to be resolved.

## 9. LIAISE WITH THE SCHOOL

Any school has a duty to ensure that the members of its community feel safe and included. It's important for children to learn their role in this. The school must determine how best to restore these feelings of safety and respect. It's often best for schools to keep parents and carers informed of any action taken – and for families to avoid taking matters into their own hands.

## 10. CHECK IN FREQUENTLY

Once the issue has been resolved and the bullying behaviour has stopped, your child may still feel anxious and might find it difficult to rebuild relationships or develop new ones. Parents, carers and the school should all keep an eye on how the child is feeling and acting over the following months. Any relevant information should be shared, so that further support can be planned if necessary.

## Meet Our Expert

Bob Basley is the Director of Anti-Bullying Quality Mark-UK, which challenges and supports schools to develop sustainable whole-school approaches to prevent bullying, including working with parents and carers. More than 80 schools in England and Wales currently hold the quality mark.



#WakeUpWednesday

The National College

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