

NEWS & VIEWS

Aspiration, Character & Excellence

Headteacher: Mr M Suttwood

Headteacher's Comment:

I hope this message finds you well and that you had an enjoyable holiday season. As we embark on a new year, I want to extend my warmest wishes to each and every one of you for a happy and successful 2024. I would like to take this opportunity to remind everyone about our school's severe weather plan. As we embrace the winter months, it is important to be prepared for any potential disruptions caused by inclement weather. We have attached the severe weather plan to this edition of News and Views for your reference. Please take the time to review it and familiarise yourselves with the information outlined.

Once again, I wish you all a wonderful start to the new year and look forward to the exciting opportunities and achievements that lie ahead for our school community.

#ProudToBeChase

Art Trip:

This week our GCSE Art students had the opportunity to visit the Tate Britain Art Gallery in London to support their studies. As part of their Art GCSE exam, students are required to research the work of artists to inspire and develop their own skills, techniques and ideas. During the trip, they got to see exhibits that relate to the exam theme they will be studying and provided an excellent first-hand resource material from which they can sketch and collect information.



Tin challenge:

Before Christmas, Chase students and staff once again met the 2000 Tin Challenge for the Southend Foodbank! A big thank you to Mr McDonnell, all the pupils who helped organise the collection, and everyone who donated.



Careers Excellence:

Congratulations to Miss Donlon and Mrs Procter for their exceptional work with our students, which has been acknowledged by the Greater Essex Careers Hub! Click the following link to explore the remarkable career initiatives they have undertaken at Chase High:

<https://greateressexcareershubs.co.uk/celebrating-excellence-in-careers-focus-on-chase-high-school/>

Year 11 Parents Evening:

We are holding our Year 11 Parents' Evening online on Thursday 25 January from 4.00 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 Westover, Deputy Head of Year 11.

Click here to book an appointment now!

Dates for your Diary:

15.01.24 Year 10 Networking Event/Year 11 Careers Assembly

25.01.24 Year 11 Parents' Evening

22.01.24 – 26.01.24 LORIC Week

19.02.24 – 23.02.24 Half Term

SEVERE WEATHER PLAN 2023/24

Guidance for Parents/Carers of Chase High School

In matters related to adverse weather conditions, we will keep the school open whenever possible, provided that the safety of students and staff can be assured. We will, of course, plan to prevent closures whenever we can.

However, there may be occasions when, due to the health and safety of students and staff, we have to close the school.

Decision

The decision to stay open or close the school, is made by 06.30am by the Headteacher. The decision will be based on;

- the ability of staff and students to travel to school;
- the conditions on site and in the building, and the resultant H&S risks;
- the likelihood of the weather worsening during the day.

Communication

The communication method to advise of school closure will be made via IRIS text facility, radio stations (BBC Essex - 01245 348348 and Heart Essex - 01245 524500) notices on the school's website <https://www.chasehigh.org> and on the school's social media accounts.

Once the decision has been taken to close the school, it will not be reversed, even if weather conditions improve. Please accept our apologies in advance if the decision turns out to be the wrong one, but we have to decide on the basis of the information available at the time and with enough notice to parents/carers and staff.

Closure of school during the day

We may decide to close the school during the school day to ensure the safety of students and staff travelling home. In this event, we will communicate via IRIS, the school's website and social media accounts.

Reopening of school site

When the school site is safe to reopen, we will send an IRIS text message and update the school's website and social media accounts.



Top Tips for...

MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



DEVICE BOX

The National College



National Online Safety

#WakeUpWednesday