



Headteacher's Comment

I had the pleasure this week of attending our Elite Performing Arts Academy performance at the Palace Theatre. It was an absolute delight to watch our pupils perform on stage. They were outstanding and truly embodied our ARK values throughout this incredible event. Their talent and dedication made me immensely proud of them all.

It has been a fantastic half term at Chase High School, filled with achievements, opportunities and moments of success across our school community. I hope that all staff, pupils and their families enjoy a well deserved and restful half term break. I look forward to welcoming everyone back on Monday 23 February, refreshed and ready for another exciting term ahead.

#ProudtobeChase



Southend Makes Music

On Wednesday evening, pupils from our Elite Performing Arts Academy took the stage at the Palace Theatre to perform in the Southend Makes Music concert. The group sang 'Voulez Vous' by Abba, 'Revoltin' Children' from the Matilda Musical, and 'Rise Up' by Andra Day. The pupils took the theatre by storm and delighted the audience with their incredible harmonies. Well done to all the pupils involved for their outstanding performance.



Pre-loved Uniform

As part of our commitment to sustainability and cost-effectiveness, Chase High has launched Preloved Uniform Collection to encourage the reuse and recycling of school uniforms. If you need to replace an item of school uniform, why not consider purchasing items from our preloved uniform shop, which provides high-quality, affordable, pre-owned items for a fraction of the price, helping you save money, whilst saving the planet!

Please consider donating items that are no longer required to help us provide the essential school items that every child deserves. We accept donations of clean, well maintained, branded, and unbranded items in good condition. Uniform donations can be dropped off at our main reception between 8.00 and 15.30.

Items can be purchased from the library or from the main reception. Payment can be made with cash or by card, using our card reader, which is located in the library.



Uniform – Returns/Exchanges

Our uniform provider, Smarty Pants, are able to process exchanges and collect returns during their weekly school delivery, which takes place every Wednesday. If parents/carers would like to exchange or return an item, please email Smarty Pants in advance on the following email address office@smartypantsschoolwear.com Smarty Pants can also be contacted on 01277 363275.





Sports Round Up!

Last Thursday, our Year 8 boys' basketball team secured a thrilling 42–40 victory over St Thomas More, with Mason scoring at the buzzer to seal the win. Tomas was deservedly named Player of the Match.

The team followed this up on Tuesday with a commanding 67–18 win against Southchurch High School, where Tomas once again earned Player of the Match honours.

These results set up the Borough B League Final against an unbeaten Southend High School for Boys. The boys produced a superb performance to win 61–31 and claim the title. Kaiden was named Player of the Match in the final.

The Year 8 girls' netball team delivered an excellent 10–0 win over Southchurch High School. Imogen and Peyton were recognised as Players of the Match for their outstanding contributions.

The Year 7 netball team also enjoyed success against Southchurch High School, with Lilly and Lucy earning Player of the Match awards.

Our Year 7 boys' basketball team produced a strong display to beat Sweyne Park School 46–24. Edward was named Player of the Match.

The Year 9 boys' basketball team secured an impressive 72–52 victory over Cecil Jones Academy, with Callum taking home the Player of the Match award.

The Under 15 girls' football team faced a very strong Southend High side and, despite their best efforts, were defeated. Tulisa was named Player of the Match for her determination and performance throughout.



Taste Testing

This week, a group of pupils from all year groups took part in a taste testing workshop hosted by Pabulum, our school's catering company. During the workshop, our taste testers were able to have their say on the food products currently offered and engaged in honest and constructive discussions with Pabulum regarding the food items they would like to see on offer in the future. The pupils were able to sample the food and provide feedback on its price point, presentation and flavour. They also had the opportunity to ask Pabulum's nutritionist any questions related to food, nutrition and healthy eating. The executives from Pabulum commented on how mature and professional our pupils were in their questions, challenges and suggestions and have a considerable number of ideas to take away with them.



Dates for your Diary:

16.02.26 – 20.02.26 Half Term

26.02.26 Year 10 Raising Achievement Evening

24.02.26 Year 7 - 8 Boys Essex Cross Country

12.03.26 – Year 8 Parents' Evening



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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
AMBITION - RESILIENCE - KINDNESS

Headteacher:
Mr Matthew Suttenwood
BSc(Hons), NPQH

Tel: 01702 354441

Ref: LHE

13 February 2026

Dear Parents / Carers

Re: Uniform Expectations

In preparation for the new half term, please familiarise yourself with the school's uniform expectations, as outlined in the document below. This can also be found on our school website. You will also be aware from previous communications; our uniform supplier has recently changed to 'SmartyPants Schoolwear' and so any new uniform can now be purchased directly from them, through their website www.smartypantsschoolwear.com.

As is our commitment to high standards, please can we draw your particular attention to our school expectations around hair colour and styles and skirt style and length. School skirts should be only pleated in style and knee length and not be worn rolled up or modified in anyway. Our policy also states pupils should not have extreme hairstyles, including shaved patterns or 'slits' shaved into the eyebrow and hair should be a natural colour. Hair should not be dyed bright or multiple colours. Pupils have also been reminded of these expectations.

We thank you for your continued support in these matters, and should you have any questions please do not hesitate to contact your child's Year Team. For any order related enquiries, please speak directly with the supplier or with the school office team.

Yours faithfully

Lauren Hedges
Assistant Headteacher



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Chase High School is proud to be part of the Discovery Educational Trust

Uniform list for Year 7 to 11 pupils

Compulsory:

- A school blazer with school logo displayed
- A collared white long or short-sleeved shirt
- Plain regular fit black trousers or pleated black, knee-length skirt with the waist band visible. Pupils should not roll the skirt in any way. Black trousers should be of regular fit and length; they must not be cropped, bootleg, flared, ankle grazers or be a skin-type fit or leggings style.



- A school tie
- Black ankle socks or plain black tights. No slouchy socks, legwarmers or slipper style socks permitted
- Permitted headwear (worn for religious reasons) must be black or navy blue in colour
- Polishable black shoes, with a hard sole. Shoes are only allowed up to the ankle. Sports branded shoes are not permitted. Boots, including those of army style or DMs are not permitted, nor are trainers or canvas shoes. Should a pupil arrive in unsuitable shoes, they will be expected to borrow some of the school's shoes for the duration of the day. Please see the examples of those permitted and those not permitted.
- Pupils are expected to carry a suitable school bag (to fit exercise books / folders / PE kit) throughout the school day. Handbags, cross-body bags or bags carried around the waist are not permitted
- Hooded sweatshirts and zipped sweatshirts are not permitted in any circumstance and will be confiscated

Optional:

- Plain black, V-neck jumper or school jumper, to be worn under, not in place of the blazer
- Outdoor coats must be suitable for any adverse weather conditions, leather, denim jackets, gilets and bodywarmers are not permitted

If you are unsure of any of the points listed, check with the school before making purchases.



Jewellery, hair and makeup:

- Pupils may wear a wristwatch. Apple / Smartwatches that connect to the internet and mobile devices are not permitted during assessments and exams.
- Pupils with pierced ears may wear one small, plain silver or gold discreet stud in each lower ear lobe. No other jewellery should be worn. Nose and facial piercings are not permitted
- Extreme haircuts are not permitted, as judged by Senior Leaders. This includes but not limited to, patterns or shapes shaved into the hair and hair must be of natural colour
- Discreet make-up may be worn as judged by Senior Leaders
- False eyelashes, nail extensions and nail varnish and other noticeable appearance altering treatments, for example, eyebrow treatments are not permitted. If a pupil arrives wearing these, they will need to be removed before attending lessons

Important points to remember:

- Blazers, jumpers and ties are only available from our uniform supplier Smarty Pants. All other items such as trousers, skirt, shirts and shoes are available from the Smarty Pants or a shop of your choice. Items bought from another provider must meet our requirements.
- The school accepts no responsibility for non-uniform items brought into school, including those subsequently confiscated.

If you are unsure of any of the points listed, check with the school before making purchases.

Uniform expectations

Uniform item	Expectation	Additional information
Black blazer	Blazers must be purchased through the official supplier and must show the Chase High Logo	<ul style="list-style-type: none"> Blazers can be removed during break and lunch only, unless permission is granted by a member of staff
White shirt	Long or short sleeve with a collar and top button	<ul style="list-style-type: none"> Top button fastened at all times Shirt is tucked in No excessively tight shirts permitted No visible t-shirts under the uniform Long sleeves must not be rolled up
Tie	Year group ties	<ul style="list-style-type: none"> Worn at all times with the logo visible below the knot
Shoes	Plain, black, sensible school shoes with a hard sole	<ul style="list-style-type: none"> No logos, coloured patterns or soft soles No canvas footwear, trainers, boots or plimsolls No sports branding footwear Trainers can be brought to school for sports activities, including using the astro turf pitch during social times
Jumper (optional)	Official school jumper (black with blue edging) or plain, black V-neck jumper	<ul style="list-style-type: none"> Worn under the blazer Not tucked in or made to appear 'cropped' or tied at the back Should not be worn as an alternative to the blazer
Coats	Suitable for school and appropriate for season	<ul style="list-style-type: none"> No denim or leather jackets No hooded sweatshirt, zip up or oversized hoodies permitted Worn over the blazer No excessive decoration
Jewellery	Wristwatch. One plain, stud earring in each ear	<ul style="list-style-type: none"> No nose or facial piercings Jewellery prohibited; bracelets, necklaces and rings will be confiscated

If you are unsure of any of the points listed, check with the school before making purchases.

Skirts	Plain, black, pleated knee length skirt	<ul style="list-style-type: none"> • No skater skirts • No straight/tight-fitting skirts
Trousers	Straight leg trousers only	<ul style="list-style-type: none"> • No 'skinny' trousers, chinos, canvas or denim • No visible zips or rivets • No bootleg, cropped, flared or ankle-grazers • No leggings or jeggings • Pe kit jogging bottoms must not be worn under school trousers
Tights	Plain black tights	<ul style="list-style-type: none"> • No patterned or ripped tights
Socks	Plain black ankle socks	<ul style="list-style-type: none"> • No other colour permitted • No 'slipper' style, ski, slouchy socks permitted • No patterns or bows

Please note our school ties are differentiated according to year group. The school or Smarty Pants will advise of the colour your child needs



If you are unsure of any of the points listed, check with the school before making purchases.



YOUTH TRAINING SUNDAYS!

Get outside, make friends and learn hockey



TRAINING TIMES:

Titans (Age 11+)

9:00-10:30

Minis (Age 6-11)

10:45-12:00



WHAT'S INCLUDED?

Weekly training sessions

Regular age-group games & tournaments

Hockey sticks provided

Welcoming, inclusive atmosphere



LOCATION:

The Sweyne Park School, Sir
Walter Raleigh Drive, Rayleigh,
SS6 9BZ



CONTACT:

clubdevelopmentofficer@southendhc.co.uk

TRY FOR FREE! FIRST TWO SESSIONS ARE ON US

www.southendhc.co.uk

TOP 4 STUDENTS

WORD COUNT



OYINKANSOLA
1,438,702
WORDS



JEDEDIAH
1,364,196
WORDS



KIT
1,228,184
WORDS



ELSIE
951,931
WORDS

TOP 4 STUDENTS

FOR QUIZZING



SAMUEL
89 PASSED QUIZZES



JEREMIAH
60 PASSED QUIZZES



JEDEDIAH
55 PASSED QUIZZES



SANA
46 PASSED QUIZZES

TOP 5 CLASSES

WORD COUNT

9L

4,852,684
WORDS

8L

4,127,840
WORDS

8H

2,383,919
WORDS

9C

2,201,671
WORDS

8A

2,168,243
WORDS

TOP 5 CLASSES

FOR QUIZZING

8I

346

QUIZZES PASSED

7I

295

QUIZZES PASSED

8L

279

QUIZZES PASSED

8H

247

QUIZZES PASSED

9C

238

QUIZZES PASSED

10 Top Tips for Parents and Educators

SUPPORTING SAFE USE OF AI

Artificial Intelligence (AI) is increasingly woven into young people's digital lives. It can offer some educational benefits and day-to-day assistance; however, it also raises concerns about misinformation, privacy, fairness, and safety. This guide provides parents and educators with practical strategies to support young people to navigate AI tools responsibly, and to use them safely and with discernment.

1 DEMYSTIFY WHAT AI REALLY IS

Children encounter AI in most online places, including games, streaming platforms, and school tools. Explain that AI uses patterns from past data to make decisions, but it doesn't think or feel like humans. Use age-appropriate examples, like how recommendations on YouTube or Netflix work, to build understanding and prevent false beliefs about AI being all-knowing or alive.

2 TALK ABOUT RISKS OF MISINFORMATION

AI can create convincing false information, including deepfake videos, photos, and fake 'facts'. Encourage children to think critically about what they see and read. Teach them to double-check information using reliable sources, to look at images and videos carefully, and to ask an adult if something doesn't seem right.

3 DISCUSS DATA AND PRIVACY

Explain that AI systems learn by analysing lots of data, sometimes including personal information. Help young people to be mindful of what they share online and why protecting personal data matters. Model good habits like reading app permissions together or reviewing what's collected by voice assistants like Alexa or Siri.

4 ENCOURAGE CREATIVE USE OF AI

Support children, when using AI tools, to explore ideas, make art, or build projects. This fosters confidence, imagination, and independent thinking. When children use AI creatively, rather than just passively consuming it, they are more likely to stay engaged and make thoughtful choices.

5 USE AGE-APPROPRIATE AI TOOLS

Not all AI platforms are suitable for children. Choose tools designed for education or creativity, with clear safety policies. Review terms of use and privacy settings, and help children use them in age-appropriate ways. For example, some chatbot tools mimic conversation but should only be used with guidance and boundaries in place.

6 USE AI TOGETHER

Exploring AI tools together can help adults understand how they work and spot potential issues. Try co-writing a story with an AI writing assistant or experimenting with an AI art tool. This encourages curiosity, helps you stay informed about the latest AI tools, and allows you to reinforce safe and respectful use while modelling critical thinking.

7 SET BOUNDARIES FOR AI USE

Establish when, where, and how AI tools can be used, just as you would with any digital technology. For example, you might agree not to use AI tools to complete school assignments without permission, or to avoid unsupervised use of voice assistants. Consistent boundaries help manage overuse and misuse.

8 WATCH FOR OVERRELIANCE

Some AI tools, like homework help apps, may be tempting shortcuts. Encourage children to use AI to support their thinking, not replace it. Celebrate effort and process over perfect answers. Reinforce that mistakes are part of learning and that relying too heavily on AI can limit real understanding.

9 TEACH DIGITAL ETHICS AND LITERACY

Help children explore how AI works, where it might be biased, and why ethical thinking matters. Building digital literacy alongside ethical awareness ensures children engage with AI critically, not just conveniently. Help young people to understand that not all people use AI for legitimate purposes; some use it for malicious reasons. Encourage questions about fairness, representation, and who benefits from certain tools; talk about algorithms, echo chambers, and the impact of automation on daily life.

10 STAY CURIOUS AND INVOLVED

AI is developing rapidly, and staying informed helps you support the young people in your care. Follow trusted sources for updates and keep the conversation going. If a child brings up a new AI trend or tool, take the opportunity to learn about it together. Showing interest builds trust and strengthens digital resilience.

Meet Our Expert

Home to the world's largest CPD library for educators, The National College has transformed the way education establishments go about developing their workforces and managing compliance. Our three memberships help all phases and types of setting raise standards, save time, reduce risk, and build a culture of improvement.

#WakeUpWednesday

The National College



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.



OPPORTUNITIES IT'S NATIONAL APPRENTICESHIP WEEK!

**NATIONAL
APPRENTICESHIP
WEEK 2026**

This week is dedicated to celebrating all things apprenticeships. During this week, you will find lots of opportunities to learn more about apprenticeships including where to find them, how to apply to them and top tips from employers and current apprentices. You can view lots of events here.

Meet David from South London, he moved to the UK from Romania at the age of eight and did not speak English when he arrived. David successfully secured a Level 4 project management apprenticeship with Jellyfish. In this video, David talks about why he chose an apprenticeship, what his job involves, the role of AI in modern workplaces, misconceptions about Gen Z and why school is about more than just academic knowledge.

Explore 1,600+ Higher and Degree apprenticeships in the January 2026 edition of the Higher & Degree Vacancy listing. Discover vacancy details from over 65+ employers, including vacancy locations, salary information and direct application links.

All About T Levels | Thurs 26th Feb - 6-7pm | On this call we'll tell you how T levels work, how we at Lloyds support students with extended work experience and you'll hear from apprentices at Lloyds joining us through the T level route.

Understanding T Levels: The Industry Placement Webinar | Mon 2nd March - 3:30pm-4:15pm | The rise in popularity has been matched by the increase in employers opening their doors and designing T Level Industry Placements that support students to develop their skills, and provide crucial opportunities to apply their learning in a real workplace. Join this webinar to hear about Industry Placements from Suzanne Chambers of the T Level Delivery Division at the Department for Education.

JOB OF THE WEEK



A forensic linguist is a language expert who applies linguistic knowledge to legal contexts, acting as a detective to analyse written or spoken evidence. They investigate cases by examining idiolect (unique writing style), authorship of threats or notes, and contractual language, working with law enforcement and legal teams to uncover the truth.

LABOUR MARKET INFORMATION FACT

As employers 'top up' the salary of an apprentice beyond National Minimum Wage, the average apprentice salary in the United Kingdom is £27,721 per year or £14.22 per hour. This varies across different apprenticeships and regions.

Source

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



CAREERS NEWSLETTER

OPPORTUNITIES

Rapid Read: Apprenticeship levels explained.

With apprenticeship levels ranging from level 2 (foundation and intermediate) through to level 7 (master's level) and lots of recent changes, this updated Rapid Read will help you understand the different levels and which might be right for you.

Get Career Confident has brought together a range of virtual work experience opportunities available to young people. They do not run virtual work experience placements, they research and list established organisations offering placements.

Access the brand new ERIC Library from Monday 9th Feb 2026. "A library of bite-sized creative careers talks designed for school, college or university students. Each talk is 10-15 minutes long, made for young people aged 14-21. The library will be available all year round, with new talks added regularly."

Did you know that Not Going To Uni have a podcast? It is hosted by a current apprentice, Ethan. On the podcast, he interviews other apprentices who give you advice and valuable tips. The aim of the podcast is to help you kickstart your career with confidence.

If you'd prefer to read than listen, the Not Going To Uni case studies are another great way to learn from current apprentices and take inspiration from their journeys.

Heard of an apprenticeship but not sure what it's all about? The UCAS Parent and guardian guide to apprenticeships shares what you need to know and practical tips for supporting someone who might be thinking about an apprenticeship.

This apprenticeship glossary will help you to understand any words that you haven't come across before. There are also a lot of myths about apprenticeships. This myth buster will support you to realise the facts from the fiction!

From Quizzes to Arcade games, this website has a range of interactive activities to help you learn more about apprenticeships.

EMPLOYER SPOTLIGHT

"Start your career with impact and purpose. At Nationwide, you will build a meaningful career and help shape banking to be fairer, more rewarding, and for the good of society. With structured development, hands-on experience, and support at every step, you will gain the confidence to start a rewarding career in banking." You can read more about careers at Nationwide here.

UNI SPOTLIGHT

"Students fall in love with Bristol - a city small enough to remain friendly, but large enough to offer lots of interest and excitement. With our central location, outstanding facilities and active Students' Union, you can enjoy the best of student life. We're ranked 51st in the World and 8th in the UK." You can read more about the University of Bristol here.

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