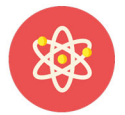




Headteacher's Comment:

This week has been full of excitement and achievements at Chase High. Our students have been showcasing their talents at The Palace Theatre in Southend Makes Music. Their performances have truly wowed audiences, and we couldn't be prouder of their hard work and dedication. Additionally, our Year 7 students had the special opportunity to join their parents and carers for 'Take Your Child to Work Day'. It was a wonderful chance for them to experience the professional world and learn from their loved ones.

Today, Friday 15 March, we are looking forward to the Dragonball competition. This exciting event will involve hundreds of primary students from our local schools. Stay tuned for more details in the upcoming edition of News and Views. Finally, as the weather warms up, please remember to ensure that your children are wearing the correct school uniform and encourage them to bring plenty of drinks to stay hydrated throughout the day.



Science Show:

To celebrate Science Week, the Science department hosted a spectacular Science show for students in Years 7, 8, and 9. Mr Booker and Ms Gupte entertained the students by conducting experiments, producing controlled explosions and exploring the fun and exciting aspects of Science. A huge thanks to our school's technician team, without whom, the show would have not been possible!



Southend Makes Music:

The school choirs, 'Bellacapella' and 'Cantabile', took 42 of their members to the Palace Theatre on Wednesday to participate in the Southend Makes Music Festival. The pupils took the theatre by storm, particularly in their last number "You Will Be Found" from the musical, Dear Evan Hansen. We are very proud of their achievement and their enthusiastic appreciation of the other schools that were performing. Bravo!



The Educere Podcast:

Well done to Jemimah in Year 12 for launching her own podcast, 'The Educere Podcast'. Jemimah shares her personal experiences and those of others at school, aiming to inspire and support students in realising their full potential. The podcast features expert insights on various GCSE and A Level topics, and strives to simplify content for better understanding.

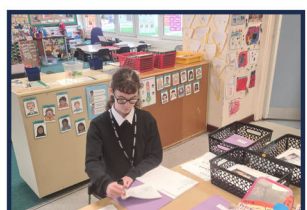
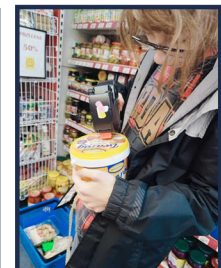
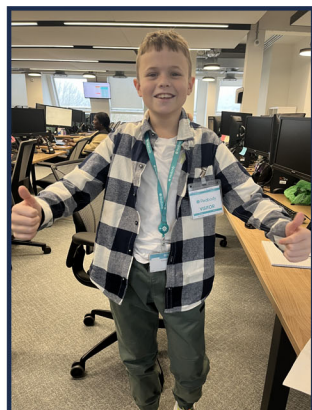
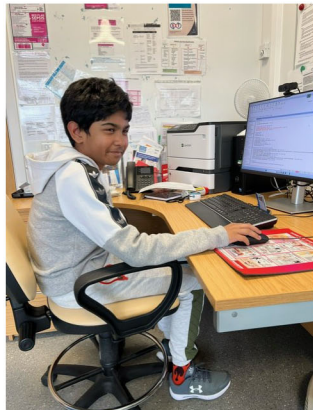
[Click here to listen to the latest episode on Spotify now!](#)





Year 7 Take Your Child to Work Day:

This week, our Year 7 students ventured out into the world of work, working alongside their parents! Students demonstrated their LORIC skills in a variety of businesses such a local pharmacy, Network Rail, Westcliff Hotel, University of Westminster and Davis Construction. We thank all our Parents and Carers who have supported the Careers Department with this new and successful element to our careers programme!



House points totals for this week



963



1277



1039



1329



Dates for your Diary:

27.03.24 Honours Assemblies
27.03.24 Year 9 Vaccinations

28.03.24 School closes to pupils 1.20 pm
15.03.24 Return to School on a week 2 timetable



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



@chasehighschoolsex



@chasehighschool



@chasehighsch

10 Top Tips for Parents and Educators

DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.

