



Headteacher's Comment

It has been another busy and positive week at Chase, with pupils consistently demonstrating our core values of **Ambition**, **Resilience**, and **Kindness**. I was delighted to see all year groups fully engaged in assemblies on Monday, where pupils thoughtfully explored what everyday racism can look like and the impact it can have.

I am incredibly proud of our Year 13 students, who have now finalised their university applications. This is a significant milestone, and we very much look forward to celebrating their university offers with them in the coming weeks. I cannot wait to see what their futures hold.

#ProudtobeChase



Everyday Racism Assemblies

On Monday, our school was visited by the company Everyday Racism. They held anti-racist assemblies with every year group, which focused on how racism can occur in everyday situations. The sessions helped pupils understand stereotypes and unconscious bias, and encouraged us all to reflect on how these can affect others. A massive thank you to Miss Saidou who organised this event for our pupils.



University Applications!

Well done to our Year 13 students who have applied through UCAS to attend university next year. This year, 66% of our cohort have applied to continue their education and move on to higher education. A wide range of courses have been chosen by our talented students, including Paramedic Science, Biomedical, Science, Law, Finance, Fine Art, Midwifery and Computer Science, to name just a few. Students now have a clear focus on their future pathways and are working hard to achieve success in their exams to ensure they can follow their chosen career dreams.



Year 9 DTP/ACWY Vaccinations

Parents/Carers of Year 9 pupils will soon receive an email from Hertfordshire Community NHS Trust requesting consent for your child to receive the DTP and Meningitis vaccinations. Please be assured that this communication is genuine and relates to the routine immunisations scheduled to take place at school on Friday 23 January. We kindly ask that you do not disregard this important correspondence.





School Meal Price Increase

We are writing to inform you of a planned increase to school meal prices, which will take effect from 2 February. From this date, the cost of a school meal will be £2.75. In addition, there will be a tariff increase on some food and drink products.

The last price increase took place in September 2024. Since then, Pabulum, our school meals provider, has worked closely with the school and the Trust to keep costs as low as possible for families. However, during this period there have been continued increases in food inflation, alongside rising staffing costs, including increases to the National Minimum Wage and employer National Insurance contributions from April 2025. Unfortunately, this means that a further increase has become unavoidable in order for the service to remain sustainable.

We recognise that any increase in costs adds pressure to household finances and want to reassure you that this decision has not been taken lightly. Our priority remains to provide good-quality, nutritious meals while keeping prices as affordable as possible.

Thank you for your understanding and continued support.

Sports Round Up!

Last weekend, several Chase pupils travelled to Lee Valley for the South of England Indoor Athletics Championships. Dexter in Year 9 ran well in the 800m, while Jenson in Year 7 qualified for the 800m final. Jack in Year 9 qualified for both the 200m and 300m finals and finished in an outstanding 3rd place in the 300m, achieving a time that qualifies him for the National Indoor Finals.

The Year 8 boys' football team played very well to defeat Cecil Jones 6–3, with Malachi R awarded Player of the Match. The Year 9 boys' basketball team also played well but were narrowly defeated by a very strong Westcliff Boys side, with Amin named Player of the Match. Our U13 girls' football team suffered a narrow loss to St Bernard's, with Isla and Harriet named Players of the Match. The Sixth Form Football Academy also played well in a close loss to Bromfords.



Dates for your Diary:

20.01.26 – 21.01.26 – Year 9 Careers Day

22.01.26 Year 9 Options/Raising Achievement Evening

23.01.26 Year 9 DTP/ACWY Immunisations

05.02.26 Year 8 Parents' Evening

12.02.26 Sixth Form Parents' Evening

16.02.26 – 20.02.26 Half Term



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Chief Executive Officer: Mr R Duff

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Unit 1 Chancerygate, 33 Tallon Road,
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15th January 2026

Dear Parents/Carers,

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We look forward to serving you for all your uniform needs.

What Parents & Educators Need to Know about DIGITAL DEVICES & WELLBEING

Children aged 7 to 14 now spend roughly 3 to 5 hours a day on phones, tablets, consoles, and computers. That much screen time has parents and educators worried – not just about the hours logged, but about online safety and the knock-on effects on mental health. This guide brings together practical, expert-backed strategies so adults can nurture healthier digital habits and help young people thrive both on and offline.

WHAT ARE THE RISKS?

SLEEP DISRUPTION

Excessive screen time, especially before bed, can interfere with melatonin production and delay sleep onset. Children may struggle to concentrate or regulate emotions due to poor sleep hygiene linked to late-night device use.

ONLINE PEER PRESSURE

Social media platforms expose children to unrealistic standards and peer validation loops. Likes, comments, and follower counts can influence self-worth and lead to anxiety or risky behaviour to gain approval.

CYBERBULLYING EXPOSURE

Children may encounter bullying through messaging apps, games, or social media. This can be persistent and anonymous, making it harder to detect. Victims often feel isolated and reluctant to report incidents.

REDUCED PHYSICAL ACTIVITY

Time spent on screens often replaces outdoor play and physical activity. This sedentary lifestyle can contribute to obesity, poor posture, and reduced cardiovascular health.

EMOTIONAL DYSREGULATION

Fast-paced digital content can overstimulate young brains. Children may become irritable, impatient, or struggle with boredom and emotional control when not engaged with screens.

PRIVACY AND SAFETY RISKS

Children may unknowingly share personal information or interact with strangers online. Without guidance, they may not understand the long-term consequences of digital footprints or unsafe online behaviour.

Advice for Parents & Educators

SET CLEAR BOUNDARIES

Establish screen-time limits and device-free zones, e.g. classrooms and dinner tables. Use parental controls and co-create a digital use agreement with children to encourage accountability. Trying a visual schedule or timer app can help children understand and stick to limits.

MODEL HEALTHY HABITS

Children mirror adult behaviour. Demonstrate balanced device use, take regular screen breaks, and prioritise face-to-face interactions to reinforce positive behaviours. Making a habit of putting your phone away during meals and conversations can show that real-life interactions come first.

ENCOURAGE OPEN DIALOGUE

Create a safe space for children to talk about their online experiences. Ask open-ended questions like, "What did you enjoy online today?" to build trust and awareness. Try setting aside 10 minutes each day for a digital check-in where children can share what they've seen or done online.

PROMOTE DIGITAL LITERACY

Teach children how to evaluate online content, recognise misinformation, and understand privacy settings. Empower them to think critically and act responsibly in digital spaces. You could use real-life examples from the news or social media to help children practise spotting fake information.

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provision.



#WakeUpWednesday

The National College



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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.

 [Listen to this newsletter](#)

OPPORTUNITIES

 So you've submitted your UCAS application, but you need to make changes? [On this page](#) you can find out how to track or make changes to your application, learn about offers and how to make decisions after you receive your offers.

 Join Heidelberg Materials on the 28th January, 12:30 - 13:00 for this LIVE virtual careers talk with top tips how to apply and roles that are available for September 2026 intake. Site Supervisor, Quantity Surveyor and Higher Apprenticeships are all roles they offer in addition to Craft Apprenticeships. [Register here](#).

 Whether you're looking for apprenticeship opportunities, work experience, or graduate programme information, join Lockheed Martin for this [inspiring career talk](#) on the 29th January, 18:00 - 18:45, to learn more and hear from our current graduates and apprentices as they share their experiences.

 Meet the Early Careers team at Dunelm to learn about their exciting apprenticeship opportunities, including Retail, Supply Chain & Logistics, Commercial, Fitter and more. [In this recording](#) you'll find out about Dunelm's early careers programmes and pick up some hints and tips for your apprenticeship application.

 This collection of short Apprentice Story films showcases the breadth and variety of apprenticeships, including Firefighting, Engineering, Broadcasting, Zookeeping and more. Apprentices are all around us, often working in surprising roles. Watch our [Apprentice Story films](#) to be inspired.

 Want to find out which course is for you? Use the Springpod Subject Spotlights to learn more about subjects you may be interested in - 100% free to use! Try them out [here](#).

 Building a Data Dream Team: Talking apprenticeships with Costa Coffee. [In this recording](#) experts from Costa Coffee discuss the impact of data apprenticeships within their organisation.

JOB OF THE WEEK

 [Civil Engineer](#)

As a civil engineer, you'll oversee the actual construction on the ground and work in conjunction with consulting engineers. All civil engineers need a good understanding of design and construction processes, as well as of health and safety issues. You'll organise human and material resources on-site and ensure that projects run to time and budget and are safe to work on.

LABOUR MARKET INFORMATION FACT

"The proportion of full-time undergraduates undertaking paid work working during term time is now at 68%. This is up from 56% in 2024 and just 42% in 2020."

This tells us that the increasing cost of living is impacting university students too.

[Source](#)

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



CAREERS NEWSLETTER

OPPORTUNITIES



Do you have an interest in Engineering? Do you like challenges and problem solving? [Log on to this webinar on the 4th February](#) to discover more about the fields of Chemical, Mechanical, Aerospace, and Automotive and Motorsport Engineering, and the extensive career pathways that these exciting subjects can lead you to!



How To Plan Your Career Effectively, In Partnership with Pathway CTM: February 13th, 14:00. Are you looking to set clear career goals, understand your strengths, and make confident decisions about your future? Career planning is an essential lifelong skill, and this workshop will guide you through practical strategies to help you map out your pathway. [Register for free here.](#)



Inside Infrastructure Investment: Careers that keep the world running with Infrastructure Industry Foundation. This session on the 5th February 10:00 - 10:45 explores the vital role infrastructure plays in building resilient communities and driving sustainable growth. Learn about the responsibility of managing funds for long-term impact, the importance of corporate social responsibility, and the diverse career routes into this dynamic industry. [Register here.](#)



It can be difficult to know how to make the most your holidays when preparing for university. [Join the UEA higher education advice team](#) on January 29th as we discuss: extra and super curricular activities you can undertake while studying; how to build skills and inform your next steps; researching universities; how to make the most of HE and UCAS events; and what you could do in the summer holidays.



Degree Apprenticeships are an increasingly popular choice to the traditional university route. Come and find out what the benefits are and how to apply. 2nd February, 18:00 - 19:00, [register here.](#)



Check out [this case study](#) about Isabel Chadwick - Project Planning & Controls Apprentice at Thales. Isabel tells us about her role, how she got there and how lots of volunteering is available to early careers.



This Rolls-Royce virtual experience gives you a behind-the-scenes look at the Project Manager role and the critical responsibilities it entails across our diverse projects. [Start the Sprint with Springpod.](#)

EMPLOYER SPOTLIGHT

“Rolls-Royce is one of the most enduring and iconic brands and has been at the forefront of innovation for over a century. Designing, building and servicing systems that provide critical power to customers, where safety and reliability are paramount. We are a force for progress; powering, protecting and connecting people everywhere.”

Find out more [here.](#)

UNI SPOTLIGHT

“The University of Manchester is a centre of teaching excellence, world-class research, outstanding student experience, and social responsibility. Part of the prestigious Russell Group of universities, it’s institutions like ours that have the greatest responsibility to act as the world faces big challenges. Together, we face this head on.”

Read more [here.](#)

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