

NEWS & VIEWS

Aspiration, Character & Excellence Headteacher: Mr M Suttewood

Headteacher's Comment:

This week, all pupils participated in assemblies where they learned about the wonderful exploits of the Scouts. A big thank you to Rebecca in Year 9 and Felix in Year 10 for presenting so confidently to their peers - an impressive and courageous undertaking!

During these assemblies, I introduced the Tell Us initiative, a vital drive designed to ensure that every pupil has a Trusted Adult to whom they can talk about any concern, regardless of how small or significant it may seem. All concerns are valid.

As part of this initiative, pupils can now complete a Tell Us card and post it in one of the nine post boxes located throughout the school. These boxes are regularly checked, and support will be provided as needed.

We encourage you to have a conversation with your children about this initiative, as you are also a Trusted Adult in their lives. Additionally, pupils can reach out via email with their concerns at tellus@chasehigh.org.

Thank you for your support in fostering a safe and open environment for our pupils.

Book Buzz:

We are delighted to announce that our Year 7 and 8 pupils have received their selected books from the Book Buzz scheme and they're diving into them with enthusiasm! We are grateful to the Book Trust for making this opportunity possible. The sight of Chase pupils engrossed in their new books is truly inspiring and we're excited to see how these will spark their imaginations and passion for reading. The benefits of reading are vast and impactful.

Not only does reading improve literacy skills and expand vocabulary, it also advances critical thinking skills, fosters empathy and sparks creativity. Through reading, pupils can explore diverse perspectives, build cultural awareness and strengthen their ability to focus - skills that will support them both academically and personally. The Book Buzz scheme has given pupils the chance to connect with literature on their own terms, allowing them to explore new genres and topics that resonate with them individually. This freedom of choice is helping to foster a genuine love for reading, which we believe will carry forward into their future.



Year 9 Options Reminder:

A reminder that the deadline for completing option choices online is Friday 31 January 2025. If you are having difficulties in registering your child's options online, or need advice or support, please email Ms Warne in the first instance on caitlin.warne@chasehigh.org

SAY IT!
WRITE IT!
POST IT!



TELL US Please write your concerns below and we will support you.

Name: _____ Tutor: _____

Concern: _____

Trusted adult: _____

SAFEGUARDING STAFF
tellus@chasehigh.org

 Mr Lewis <small>Director of Education</small>	 Mr Brien <small>Deputy Headteacher</small>
 Mrs Hedges <small>Assistant Headteacher</small>	 Mrs Mulford <small>Assistant Headteacher</small>

SAY IT! WRITE IT! POST IT!



Jack Petchey Workshop:

Last week, our Sixth Form students took part in a Jack Petchey 'Talk with confidence' workshop. The workshop aimed to support students with interview skills to prepare them for the world of work.



Take Your Child to Work Day:

This year, pupils in Years 7, 8 and 9 will have the exciting opportunity to gain valuable experience in our upcoming 'Take your child to work' days. Taking part in these experience days will not only be fun for pupils, but will be educational, interactive, and inspiring in introducing the concept of work at an early and impressionable age. If you have any questions, please email lauri.proctor@chasehigh.org



Sports Success!

It has been a fantastic week for our sporting teams this week, who have triumphed in a number of fixtures and tournaments!

Well done to our Year 10 football team, who came back from 3-0 defeat at half time to a winning result of 7-4 against Southchurch. Well done to our Year 7 netball team who won 6-2 against Cecil Jones Academy! Congratulations to our Year 8 Basketball team for their hat trick of a winning streak, with an impressive 49-10 win over Cecil Jones Academy and beating Belfairs 73-39 and Barking Abbey 46-28 in the Essex Cup!



The below after school practices are cancelled next week due to fixtures:

Tuesday 21 January – Year 8 Football Practice

Wednesday 22 January – Year 9 Basketball
Year 10 Football



Dates for your Diary:

- 20.01.25 – 24.01.25 – LORIC Week
- 20.01.25 Careers Networking Event
- 23.01.25 – Year 11 Parents' Evening



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



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SOUTHEND SEND YOUTH VOICE



**DO YOU HAVE SPECIAL
EDUCATIONAL NEEDS AND
ARE AGED 11-25?**



**A PLACE WHERE YOU CAN SHARE
YOUR EXPERIENCES, THOUGHTS
AND FEEDBACK, TAKE PART IN
FUN ACTIVITIES AND MAKE THE
IMPORTANT CHANGES NEEDED TO
IMPROVE THE LIVES OF CHILDREN
WITH SEND IN SOUTHEND.**



**TUESDAY 21ST JANUARY 2025
4.30PM-6.30PM**

**FRIENDS AND PLACES TOGETHER, TOP FLOOR,
UNIT 13 VICTORIA SHOPPING CENTRE (NEXT TO
INDI ROCK)**

**PART OF THIS SESSION INCLUDES ENTRY TO
INDI ROCK!**

**HALF TERMLY MEETINGS IN THE EVENING WITH
FOOD AND REFRESHMENTS PROVIDED**

**EMAIL ME TO BOOK YOUR SPACE
JADEWELLER@SOUTHEND.GOV.UK**

What Parents & Educators Need to Know about

TIKTOK

AGE RESTRICTION

13+

(Certain features are restricted to over-18s only)

WHAT ARE THE RISKS?

Adults tend to associate online videos with YouTube – but among teens, TikTok is king. The app provides a stream of short clips tailored to users' interests, based on what they've already watched. Around half of British children use TikTok, and while much of the content is benign, Ofcom considers it the app where youngsters "were most likely to encounter a potential harm".

AGE-INAPPROPRIATE CONTENT

While TikTok's Following feed only displays videos from familiar creators, For You is a collection based on a user's previously watched clips. Most of these videos will probably be inoffensive, but the app *could* potentially show something unsuitable. If children then engage with this content, more like it will follow. TikTok's guidelines prohibit the sharing of illegal or inappropriate content, but the huge number of uploads means that a small amount inevitably slips through.

BODY IMAGE AND DANGEROUS CHALLENGES

According to Ofcom, most online harms for teens are body image related for girls (promoting unhealthy eating, body shaming and so on) and dangerous stunts for boys. Both are prevalent on TikTok. One extreme example of the latter was the 'blackout' trend, which encouraged users to hold their breath until they passed out from a lack of oxygen. This led to two families filing lawsuits against TikTok over the tragic deaths of their children.

IN-APP SPENDING

TikTok is free, but users have the option to buy TikTok coins, which can be used to purchase gifts for content creators. Coin bundles range from £9.99 to an eye-watering £99; while that may not sound appealing, the app still generated £7.9 billion in user spending in 2023. TikTok's policy is that under-18s can't make in-app purchases, but it's possible to bypass this with a fake birth date.

CONTACT WITH STRANGERS

With more than 1.5 billion users globally, the potential for contact from strangers on TikTok is high – especially as accounts created by over-16s (or young people using a fake date of birth) are set to public by default. This means that not only is someone's profile visible to everyone else on the app, it also suggests their videos to others and enables *anyone* to download or comment on them.

MISINFORMATION AND RADICALISATION

Although the short videos on TikTok tend to be more frivolous than the longer ones on YouTube, clips can still influence impressionable minds in a negative way. Not only is there plenty of dangerous misinformation on TikTok, but Ofcom reports that nearly a third of 12 to 15-year-olds use TikTok as a news source – so you should be wary of misogynistic, racist or conspiracy-themed material shaping how they see the world.

ADDICTIVE DESIGN

With its constant stream of eye-catching videos, TikTok can be addictive to young brains. In 2024, UK children spent an average of 127 minutes per day on the app: that's twice as much as in 2020. Excessive use can interfere with young people's sleep patterns – often leading to irritability – and distract them from other, healthier activities. The instantly skippable nature of bite-size videos may also impact children's ability to maintain focus.

Advice for Parents & Educators

ENABLE FAMILY PAIRING

Family Pairing allows parents to link their TikTok account to their child's, and control settings remotely. Parents can then turn on Restricted Mode (reducing the chances of a child seeing inappropriate content), set screen-time limits, make accounts private and manage whether their child can send messages – and if they can, to whom. Children can't alter these settings without parental approval.

DISCUSS THE DANGERS

If a child wants to use TikTok and you're happy for them to do so, it's good practice to discuss the potential risks. Ensure that they don't share any identifying personal information, and that they know to talk to a trusted adult if they're worried by interactions on the app. With more teens using TikTok for news, it's also worth talking about misinformation and propaganda, and how to identify it.

BLOCK IN-APP SPENDING

If a child is using an iPhone or Android device to access TikTok, you can alter their settings to prevent them from making in-app purchases. We'd recommend enabling this feature, as it can be quite easy for a young person to spend a significant amount of real money buying TikTok coins to unlock more features of the app – sometimes without even realising.

READ THE SIGNS

If you're concerned that a child is spending too much time on TikTok, or that they've been emotionally affected by something they've seen, it's important to know how to spot the signs. Increased irritability and a lack of concentration are potential red flags, as is failing to complete homework or skipping meals. Remember, the parental controls are there for a reason, and it's never too late to introduce limits.

Meet Our Expert

Alan Martin is an experienced technology journalist who has written for the likes of Wired, TechRadar, Tom's Guide, The Evening Standard and The New Statesman.



#WakeUpWednesday

The National College