

NEWS & VIEWS

Aspiration, Character & Excellence

Headteacher: Mr M Suttwood

Headteacher's Comment:

"Reading is to the mind what exercise is to the body." - Joseph Addison

I am delighted to witness the profound love for reading among the students at Chase High. The bustling activity in the library during break and lunchtime is a testament to the students' enthusiasm for books. It is remarkable to observe the frequent borrowing, reading, and discussions surrounding books, creating an environment that fosters a genuine love for reading. The remarkable achievement of students reaching million and multi-million word milestones is truly commendable. I encourage all staff and members of the community to actively support our students in their journey to become well-read and well-educated individuals. Let's take a moment to reflect and ask ourselves, when was the last time we allowed ourselves the tranquility of reading? If it has been a while, please make a conscious effort to set aside the time from your busy schedules to indulge in the pleasure of reading.

Together, let's continue to cultivate a culture of literacy and empower our students to thrive as knowledgeable and well-read individuals.



Library Star:

A huge well done to Aadhesh in Year 7 who has read a total of 4,143,978 words and read 66 books since September! This is a huge achievement and demonstrates his commitment to succeed in everything he does.



Careers Events:

As part of our Careers programme, we were thrilled to host over 20 diverse businesses and former students for an engaging discussion on various career paths, including architecture, radiography, and media. Our Year 10 and Year 12 students participated in a speed networking event impressing the careers department with their insightful questions. The aim of the event was for students to establish connections with local businesses to aid them in achieving their career goals. On Tuesday and Thursday, our Year 9 students took part in an Options event informing them of the job opportunities and career paths that can lead from their GCSE choices.



Our Football Academy Needs You!

Join our Chelsea FC Foundation Football Academy and study at Chase High Sixth Form! If you are in Year 11 or Year 12, you have the opportunity to join the Chelsea Foundation Football Club next year and study a range of subjects in our Sixth Form. For more information, please scan the QR code or email callum.duffy@chelseafc.com





Southend Cadets Visit Assemblies:

This week we welcomed representatives from Southend's Army Cadets and Sea Cadets into assemblies to speak to students in years 7 to 10. These assemblies aimed to introduce students to the valuable experiences these cadet programs offer and how enthusiastic students can get involved. The Army Cadets emphasised the development of leadership skills, teamwork, and self-discipline. Students were introduced to the wide range of activities, including field exercises, first aid training, and adventurous expeditions. The Sea Cadets, with their maritime focus, showcased the opportunities available for students interested in nautical adventures.



Word of the Week:

The word of the week from Monday 22 January 2024 is **Define**; to specify the meaning of something.

Define

To specify the meaning of something.

LORIC COMMUNICATION



Keeping Essex Safe:

'Safer Essex' have created an interactive Safety Survey map to ensure the safety of women and girls across Essex. The survey is open to all. It is the council's aim to use this data to offer safer spaces in Southend. They have asked if schools could extend the invitation for participation to students and their families. Please see the following link to the survey here [Have Your Say Today - Commonplace](#). The closing date for entries is Sunday 28 January 2024.

House points totals for this week



1250



1469



1175



1465



Dates for your Diary:

22.01.24 – 26.01.24 LORIC Week
25.01.24 Year 11 Parents' Evening

12.02.24 – 16.02.24 Celebration Assemblies
19.02.24 – 22.02.24 Half Term



DISCOVERY
EDUCATIONAL TRUST

Chief Executive Officer: Mr R Duff

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



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SMARTPHONE SAFETY TIPS

for young people

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You may have been lucky enough to have unwrapped a smartphone at Christmas, or you might be eagerly anticipating getting a new one at some point during this year. Whether it'll be your first ever phone or an upgrade on your old model, it's always useful to have a refresher about how to set it up and adjust the settings to keep yourself – and your valuable personal info – safe and secure. We've collected some expert tips to help you enjoy your smartphone in the healthiest way possible.

NEVER SHARE YOUR PASSCODE

Alongside face or fingerprint recognition, your passcode is crucial to unlocking your phone and accessing your apps and personal information. You shouldn't give it out, even to close friends – after all, you wouldn't hand them a key to your house and let them go in for a nosy around! If a friend wants to use your phone, ask them why and make sure you can see what they're doing with it.

RESPECT PARENTAL CONTROLS

If you're allowed to have a smartphone, it's because your parents or carers feel that you're mature and responsible enough to use it safely. They might set controls and boundaries on your device – not to spoil your fun but to help you avoid hazards like too much screen time or costly in-app purchases. Following these rules means you can enjoy using your phone while respecting their wishes.

TALK TO A TRUSTED ADULT

Whether it's to listen to music, play games, create content or chat with friends, using a smartphone should be fun. If you're ever feeling anxious, worried or scared about going on your phone, then something isn't right. It's important not to ignore these feelings; instead, talk to a trusted adult about what's happening and how it's making you feel.

STAY ALERT

Two words: look up. It might sound obvious, but it's so easy to get immersed in what we're looking at or listening to on our phones that we can become unaware of our surroundings – or who might be around us. People often walk with their head down, focusing on their phone, and forget to check for obstacles in their path, cars or other pedestrians coming towards them, which is clearly dangerous.

DEVELOP HEALTHY HABITS

Phones offer a vast amount of content and the chance to chat with friends whenever we feel like it, which can make it difficult to take time away from the screen. If that's something you struggle with, you could try setting time limits on certain apps. Putting our phones down for a while gives us more time to interact with others or do something physical that helps keep us fit and healthy.

IGNORE UNKNOWN NUMBERS

There are some scammers who might call or text asking you to share personal data or to click on a link and provide your details. Some may claim to be from a genuine company, but trustworthy businesses don't spontaneously call or message to ask for your information. It's safest to ignore calls or texts from unknown numbers, and never give your personal details out over the phone.

ONLY USE AGE-APPROPRIATE APPS

Before downloading a new app or game, check what age rating it has. Don't feel pressured into getting a particular game or app just because your friends are using it. If it's intended for older people, there's a definite risk that it could include content (which is violent or frightening, for instance) or language which isn't suitable and may leave you feeling upset or disturbed.

REMOVE TEMPTATION

A good night's sleep is so important for concentration, mood and overall health. Unwinding properly before going to bed – which means not staring at a screen late at night – can often improve sleep quality. Put your phone on charge overnight, but not in your room. This means you'll have a lot less temptation to check any notifications, reply to messages or get caught up scrolling on social media.

THINK ABOUT OTHERS

Watching videos, listening to music or calling someone can all help to pass the time while we're on the bus, waiting in a queue or walking down the street. It's important to remain mindful of other people, though: they might not want to hear your tunes or your conversation. Likewise, if you're calling from a public place then don't forget that anyone could overhear something personal about you.

SWITCH OFF GEOLOCATION

In your phone's settings, you'll be able to disable geolocation for individual apps and photos: this means that people online (including strangers) can't see information about where you are when you share or post a pic. On the subject of images, it's also important to ask permission before taking or sharing a photo of someone – and don't share embarrassing images of your friends with others.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and texting behaviour of young people in the UK, USA and Australia.



The National College

NOS National Online Safety
#WakeUpWednesday