



Headteacher's Comment

Ofsted visited Chase High School on 15 and 16 July 2025, and the monitoring visit report has now been published. The inspection team conducted their visit with the utmost professionalism and fairness, identifying a number of areas that still require improvement and embedding. However, they also highlighted an even greater number of areas in which the school has made significant progress and development since the previous inspection. Our pupils demonstrated impeccable behaviour and kindness, as they always do, and this was recognised on several occasions. I am looking forward to the Ofsted team visiting again before the half-term break. Following this, I will organise an in-person parent/carers feedback event. Thank you for your continued support.

#ProudtobeChase



Sixth Form Moot Court Room Competition

This week, a group of Sixth Form students represented Chase at the Giles Wilson Moot Competition. The students were introduced to the concept of a moot (a mock court scene) and now await their scenario before they return with the aim to defend the school's winning streak from last year.



Youth Day

Students from both Mr Mustafa's Politics Club and Year 12 Government and Politics Club were invited to attend the local Youth Forum held in Leigh on Sea. The event was hosted by local MP David Burton-Sampson and Southend's Youth Council. The students listened to a series of guest speakers on empowering young people in society and were able to ask questions regarding parliament and policy.



Lee Vally Cross Country

The rolling fairways of Lee Valley golf course provided a backdrop for this week's cross-country event. The course's steep climbs, sharp turns, and downhill bursts demanded both strategy and grit, testing every runner's endurance. A special mention to Dexter in Year 9 who finished 9th and Jensen in Year 7 who finished in 13th place. Great resilience! Well done to all involved.





Sixth Form Enrichment Returns!

Our Year 12 and 13 students are once again enjoying their weekly enrichment programme, held every Wednesday afternoon as part of the Sixth Form curriculum. This is a fantastic opportunity for them to explore a wide range of activities, from the Chelsea Football Academy, performing arts, mindfulness, art & culture and more.

It was lovely to see so many students enjoying the classic board games too - Chess, Uno, Scrabble and Connect Four were definitely favourites!



Southend SEND Youth Voice Invitation

Dear Young People and Carers,

We're excited to invite you to the next Southend SEND Youth Voice meeting, taking place on:



Tuesday 23rd September 2025



4:30 PM – 6:00 PM



Friends and Places Together, Top Floor, Unit 13 Victoria Shopping Centre (next to Indi Rock)

This is a fantastic opportunity for young people aged 11–25 with Special Educational Needs and Disabilities (SEND) to:



Make your own pizza!



Share your experiences, thoughts and feedback



Hear all about the Southend Local Offer



Connect with others and help shape services for SEND in Southend

Food and refreshments will be provided, and we'd love to see you there! To book your space, please contact jadeweller@southend.gov.uk.

Warm regards

Jade Weller– Youth Participation Worker, Southend-on-Sea City Council

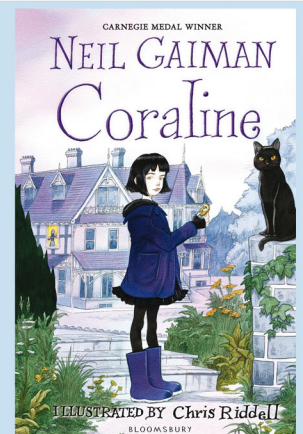
BOOK OF THE WEEK!

Age recommendation: 10+

Short synopsis: While exploring her new home, a girl named Coraline discovers a secret door, behind which lies an alternate world that closely mirrors her own but, in many ways, is better. She rejoices in her discovery, until Other Mother and the rest of her parallel family try to keep her there forever.

Pupil Review:

"It's a great mix between creepy and magical. I really like the descriptions in the book." – Levi, Year 9.



Dates for your Diary:

25.09.25 Year 7 Welcome Evening 16.00 – 18.00

03.10.25 Flu Vaccinations

26.09.25 European Day of Languages



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](https://www.facebook.com/chasehighschoolsex)



[@chasehighschool](https://www.instagram.com/chasehighschool)



[@chasehighsch](https://twitter.com/chasehighsch)

What Parents & Educators Need to Know about

SNAP STREAK

97

WHAT ARE THE RISKS?

SNAPCHAT

AGE RESTRICTION
13+

With over 900 million active monthly users and billions of 'Snaps' sent each month, Snapchat is a popular messaging app among children and young people. It allows users to share fun, spontaneous pictures and videos with friends and family while using playful filters. One of Snapchat's unique features is that pictures, videos and messages are only viewable for a short period of time.

ARTIFICIAL INTELLIGENCE

Snapchat's use of artificial intelligence (AI) includes features like the 'My AI' chatbot and AI-powered filters, offering interactive experiences that can be fun but also pose risks. These tools may share unfiltered or inaccurate responses, promote unrealistic beauty standards, and collect personal data. Advanced filters and deepfake-style lenses can distort reality, potentially leading to manipulation, impersonation, or inappropriate content.

SCREEN ADDICTION

Snapchat boosts user engagement and daily use with features like streaks (daily Snapchat exchanges between you and a friend). When a streak's been going for a few days, users will see a 🔥 emoji. The number alongside it shows the number of days, but if users miss a day and break the streak, the only way to restore it is to pay. This encourages daily use habits, and frequent notifications can keep users returning to the app even more often.

SEXTORTION

Because Snapchat's disappearing messages feature may foster a sense of safety, users may become targets of sextortion. For example, a predator may pressure someone into sending nude images, then somehow capture those images to threaten and intimidate the victim. This might involve claiming they will share the images with friends or family unless money is paid.

SNAPCHAT+

Snapchat+ is the platform's premium subscription service, offering early access to new and exclusive features. In June 2025, Snapchat introduced a new tier called Lens+, giving subscribers access to hundreds of lenses and AR experiences for playing, creating, and sharing Snaps. These paid features may encourage young users to spend money to access exclusive content, increasing the risk of overspending or feeling pressured to make in-app purchases.

ACCESSIBILITY

Snapchat is now accessible from a web browser, meaning children can use it on a laptop or tablet without downloading the app. This can make activity harder to monitor, reduce the effectiveness of parental controls, and increase the risk of unsupervised communication or exposure to inappropriate content.

INAPPROPRIATE CONTENT

Some content on Snapchat isn't suitable for children. The hashtags used to group content are determined by the poster, so even an innocent search term could still yield age-inappropriate results. The app's disappearing messages feature also makes it easy for young people to share explicit images on impulse – so sexting continues to be a risk associated with Snapchat.

Advice for Parents & Educators

ACCESS THE SNAPCHAT FAMILY SAFETY HUB

Created with guidance from Common Sense Media, Snapchat has developed a Family Safety Hub that explains how the app works and how to use its in-app protections for teens. It's recommended that you review this guidance before allowing a child to download Snapchat. Remember, the app is only intended for children aged 13 and over.

BLOCK AND REPORT

If a stranger connects with a child on Snapchat and makes them feel uncomfortable by pressuring them to send or receive unwanted or inappropriate images, the child can tap the three dots on that person's profile to report or block them. There are options to state why they're reporting that user, with a tailored reporting section under the 'Nudity and Sexual Content' category. In this category, there's the option to report somebody for threatening to leak sexually explicit images, or 'nudes'.

ENCOURAGE OPEN DISCUSSIONS

Snapchat's risks can be easier to handle if you nurture an open dialogue. Talk about scams and blackmail before letting children sign up. If they're lured into a scam, encourage them to tell you immediately. Talk openly and non-judgementally about sexting, emphasising its inherent risks. Furthermore, explain how popular 'challenges' on the platform can have harmful consequences.

USE PRIVACY SETTINGS TOGETHER

Sit down with the children in your care and explore Snapchat's privacy settings as a shared activity. You can help them adjust who can contact them, view their stories, or see their location on Snap Map. It's a good opportunity to explain why some settings are safer than others, reinforcing their understanding of online boundaries. Encourage them to regularly review these settings, especially after app updates or changes in their friendship groups.

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 sexting behaviour of young people in the UK, USA and Australia.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/snapchat>



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7 Reasons Why Breakfast is Important

by @inner_drive | www.innerdrive.co.uk

Enhances memory



Improves academic performance



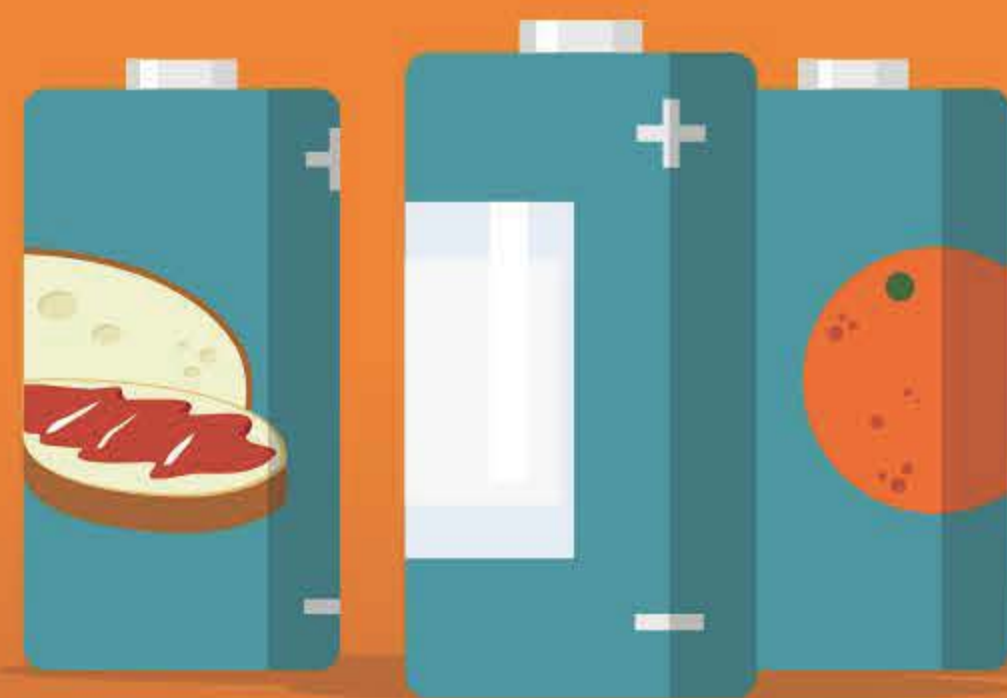
Improves physical health



Better eating habits that day



Gives you energy



Better mental well-being



Encourages physical activity



SNACK-TEMBER

LITTLE SWAPS
MAKE A BIG
DIFFERENCE

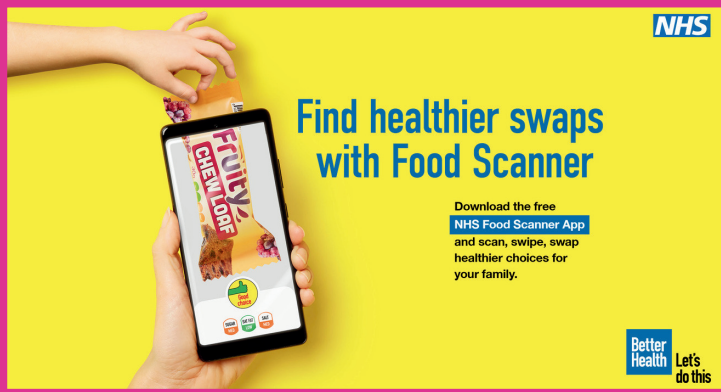
Newsletter 2 September 2025

FOOD PACKAGING PRO

Healthy eating isn't just about what's on your plate, it starts in the supermarket. This September, turn snack time into a win by checking food labels like a pro. Look for snacks with fewer ingredients, less sugar, and no hidden extras. The shorter the ingredient list, the better! Small swaps, like fruit, veggie sticks, or wholegrain crackers, can keep energy levels up and tummies full - without the sugar crash.

TOP PACKAGING TIP

Sugar hides behind names like fruit concentrate, glucose syrup, maltodextrin, dextrose, and more. Phrases like "no added sugar," "natural," or "made with fruit" don't mean it's healthy.



NHS

Find healthier swaps with Food Scanner

Download the free NHS Food Scanner App and scan, swipe, swap healthier choices for your family.

Better Health Let's do this



SNACK SPOTLIGHT

Research shows that children are more likely to try new foods when they help make them.

Involving your child in preparing homemade snacks not only makes snack time fun but also encourages them to explore and enjoy healthier options. Plus, making snacks yourself means you control what goes in - cutting down on added sugar, salt, and processed ingredients - while saving money by buying ingredients in bulk.



Carrot and Courgette Muffins

A nutritious, savoury snack perfect for kids, featuring wholemeal flour, grated vegetables, and oats. They're easy to make, freeze well, and offer a tasty alternative to traditional sandwiches.



Choc Cherry Popcorn Cakes

These Chocolate Cherry Popcorn Cakes are a tasty, healthier snack with only 3.2g of sugar per serving. They're quick to make, fun to do with your kids, and a great alternative to chocolate biscuits.

www.nhs.uk/healthier-families/recipes/

HEALTHY EATING IS EXPENSIVE

Fruit and veg isn't always as expensive as you think.

- Many supermarkets often have fruit/veg on special offers of the week
- Choose seasonal - often cheaper
- Frozen fruit/veg is just as nutritious- plus less waste!
- Tinned fruit/veg - just remember to drain the juice

*Price comparison Aldi 7th August 2025



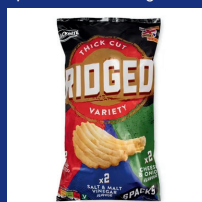
£0.89



£0.88



£0.89



£1.15

WEBINARS



Healthy Eating & Eating on a Budget
Monday 8th September @ 12pm

Healthy & Hassle Free Lunchboxes
Monday 15th September @ 12pm



Sugary Snacks & Oral Health
Monday 22nd September @ 12pm

Fussy Eating
Monday 29th September @ 12pm



TOP TIPS

Made with Real Fruit

This often means fruit concentrate which can be high in sugar and low in fibre.

No Added Sugar

Snacks can still contain natural sweeteners like juice concentrates, so check the label carefully.

Don't Be Fooled by Vitamins

Claims like "With Vitamin D" or "Calcium" don't cancel out high sugar or ultra-processing.

Fewer Ingredients Are Better

A long ingredient list, especially with unrecognisable names, usually means ultra-processed. Whole foods rarely have labels!

Watch Portion Sizes

Even tiny snack pots can have lots of sugar and push past daily limits.

Beware of Bright Packaging

Cartoon characters and bright colours are designed to attract kids - not to show it's healthy.

Check the Back Label

Don't trust front claims alone - always check sugar per 100g.



SEEKING SUPPORT

Our Health4Life Team is here to help you and your family make healthier choices.

Whether you're dealing with fussy eating, looking for healthier snack swaps, or need tips for eating well on a budget, our friendly team can offer:

- Practical resources and information over the phone
- 1:1 support sessions with parents or directly with children in school
- Fun and engaging group sessions

Group sessions usually run during term time, with some available in the school holidays and they're completely free.

For more information:

 health4life@southend.gov.uk
 01702 534843

Upcoming sessions:

 3rd Nov – 9th Dec | 4:00–5:30pm @ Indirock
 Nov – Dec | 4:00–6:00pm @ TBC

VEGPOWER



Simply Veg is a free resource packed with fun, practical tips to help your family eat more vegetables. Created with input from nutritionists, chefs, and child experts, it makes adding veg to meals easy, stress-free, and budget-friendly

FOR ANY FURTHER SUPPORT PLEASE

CONTACT HEALTH4LIFE



health4life@southend.gov.uk



01702 534843



Southend-on-Sea
City Council