



Headteacher's Comment:

The staff and students at Chase High School are amazing. Whenever there's an opportunity to celebrate diversity and equality, they present and involve themselves for the good of each other and our community. When asked to inspire the next generation of well-rounded citizens, our teachers jump at the chance. Our students engage in all subjects and explore all avenues of learning, from stage makeup to solving equations. The staff and students at Chase High make it what it is. Thank you. **#ProudToBeChase.**



Take your Child to Work Day 2024:

The Chase community are excited to see what our Year 8 gets up to on Take Your Child to Work Day 2024. If you are happy to share some pictures of their adventures, please email them to careers@chasehigh.org. Please note, the images may be used in News & Views and on social media.



Diversity Assemblies:

All this week, Mr Keshiro and Mr Bates have been leading assemblies on diversity, where they have been emphasising the significance of celebrating the unique qualities and backgrounds of each individual. They highlighted the power of unity in diversity and encouraged students to cultivate empathy, understanding, and respect for one another.



Stage Make-up Workshop:

Our Year 10 Performing Arts students have been exploring stage make-up in their lessons this week. They have been studying the different skills that contribute putting on a major show such as The Lion King. Everyone had a great time and have a new found respect for stage make-up artists.





Primary Visit:

English teacher David Giles and French teacher Toby Ohakwe visited Hogarth Primary School as part of the school's Aspiration Week. Both Mr Giles and Mr Ohakwe talked about the discipline they learnt from sport, the benefits of university and their love of teaching. The students at Hogarth were impeccably behaved and asked insightful questions ranging from "What job do you do that allowed you to buy that watch"? To "Would you encourage your son or daughter be a professional boxer"?



Word of the Week:

The word of the week from Monday 5 February 2024 is **Assess**; to evaluate the quality or value of something.

Assess

To evaluate the quality or value of something.

LORIC
COMMUNICATION



House points totals for this week



836



1131



926



1128



Dates for your Diary:

06.02.24 Year 8 Take your child to work day
08.02.24 Year 13 Parents' Evening
12.02.24 – 16.02.24 Celebration Assemblies

15.02.24 Year 9 History Trip Somme
16.02.24 Maths Residential
19.02.24 – 23.02.24 Half Term



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



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IN PARTNERSHIP WITH PUBLIC
HEALTH YOUTH HEALTH CHAMPIONS



Sunday

4th Feb

10am-4pm

YOUTH MENTAL HEALTH & WELLBEING EVENT

Free event!

- Live Music
- Spoken Word
- Wellbeing & Fitness
- Graffiti Sessions
- Fun Workshops
- Youth Craft Market



And so much more!



The Ironworks 90 Southend High Street SS1 1JN

What Parents & Carers Need to Know about PERSUASIVE DESIGN ONLINE

'Persuasive design' refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

WHAT ARE THE RISKS?

POTENTIAL ADDICTION

In the digital world, persuasive design can make certain activities more addictive and harder to walk away from: some people may begin to feel anxious or irritated without access to their device or their favourite app, for example. It can also often leave users feeling isolated, as – if they spend most of their time on social media – they may start to find it difficult to talk to other people in real life.

MENTAL HEALTH CONCERNS

Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The constant bombardment of news stories (many of them negative), images and influencers' posts can create sensations of unease, uncertainty and FOMO (fear of missing out). Young people can get so immersed in this environment that they become less likely to spot misleading posts.

PROLONGED SCROLLING

Social media can draw any of us – regardless of age – into a continuous pattern of refreshing our screen, following posts and links down rabbit holes or reading countless comments made by others. This aimless scrolling can eat up time which could have been spent on more productive activities. It could also lead younger users into areas of the online world which aren't age appropriate.

SENSORY OVERLOAD

Repetitively scrolling, clicking on links or playing games can create an unending stream of new information and visual stimuli. Put it this way: social media isn't exactly renowned as a carefree, chilled-out environment. Such overstimulation can become too much for young people to handle, resulting in sensory overload and causing them to feel stressed, overwhelmed and exhausted.

COSTLY ADDITIONS

Video games sometimes display offers for downloadable content or loot boxes which can be bought with real money. While these 'microtransactions' temptingly promise to improve a player's gaming experience, most of the time they are money sinks. Young people in particular, excited by the chance of enhancing their game, could spend quite a sizeable sum very quickly indeed.

PHYSICAL CONSEQUENCES

Hours spent sitting and scrolling means far less time moving around and getting exercise: hardly ideal for a young person's physical health. Additionally, prolonged exposure to the light given off by a phone's screen can lead to eye fatigue and discomfort, especially if viewing it in the dark. Extended phone use before bed can also impact on sleep quality, affecting mood and energy levels over the following days.

Advice for Parents & Carers

ESTABLISH LIMITS

Talk to your child about setting some time limits on how long they can use their phone, tablet or console in the evenings or at weekends – or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthier) for everyone.

NIX NOTIFICATIONS

Stop knee-jerk responses at the source by turning off push notifications and alerts. Whether it's a gaming notification or a social media update, these not-so-gentle reminders are designed to catch our attention and lure us back to our device. Switching them off – or even deleting any particularly intrusive apps – can help prevent your child from being reeled back into the online world.

ENCOURAGE MINDFULNESS

Acknowledging any addiction is key in overcoming it – and compulsive scrolling is no different. If anything mentioned in this guide sounds familiar, it could help to have an honest, open chat with your child about how much time they spend online. Get them to think about how often they scroll through social media aimlessly or habitually open it up whenever they have a spare moment.

MAKE A CHECKLIST

Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from this activity – or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.

Meet Our Expert

Rebecca Jennings has more than 20 years' experience in the field of relationships, sex and health education (RSHE). As well as delivering workshops and training for young people, parents and schools, she is also a subject matter expert on RSHE for the Department of Education.



The National College



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#WakeUpWednesday