



Headteacher's Comment

It has been a busy and exciting week at Chase and I am particularly proud to hear that the year 7 trip to London to see the Lion King was a resounding success, the pupils were commended for their amazing behaviour by the staff at the theatre. In other news, it's getting cold and I would like to remind you as parents and carers that outdoor coats are recommended and these can be worn at all times except when in lessons. I wish you all a great weekend.

#ProudtobeChase



2000 Tin Challenge

Chase High School and Sixth Form is proud to once again support the valuable work of the Southend Foodbank with the 2000 Tin Challenge. We are asking every pupil and staff member to bring in two tinned food items, such as beans, fruit, fish etc. If it's in a tin, the foodbank can pass it on to someone in need. This year, each of the Houses are competing to collect the most tins. Emerald, Ruby, Sapphire and Topaz will be collecting tins every morning at tutor – Who will win? Please help us reach our target of 2000 tins by giving two tins (or more) to your children to donate. Working together, the whole Chase community can transform two tins and turn them into hundreds of food parcels this Christmas!



Chelsea Training Ground

This week, our Sixth Form Girl's & Boy's Chelsea Football Academy students participated in a live training session hosted by Chelsea coaches at the Cobham Training Ground. Students explored the AI training centre and training facilities available to players.



Photo Consent Letter

This week, a letter was sent home to parents/carers via email regarding consent for photographs. A copy of the letter is available on our school's website.

<https://www.chasehigh.org/assets/Documents/Letters/Photograph-Consent-Letter-19-November-2025.pdf>



SPORTS ROUND UP!

Great work from our Year 9 pupils at the Lee Valley Indoor Athletics this week - both the boys' and girls' teams have qualified for the semi-finals!

A special mention to:

- ★ Kaprice for breaking the 60m school record!
- ★ Rachel for breaking the Long Jump school record!
- ★ Jack for breaking the 300m and Long Jump school record!

We've had a busy run of fixtures this week. The Year 7 Boys Basketball Team took on a strong Eastwood side and put in a solid performance, with Arthur named Player of the Match.

The Year 10 Boys Basketball Team had a great result, beating the Southend High B Team. Felix earned Player of the Match for an excellent display.

Our Year 7 Girls Netball Team played very well in a tight game against Westcliff Girls, just losing out 3-2. The U16 team also put in a strong showing against Westcliff Girls. Sienna, Florence, and Lottie were awarded Player of the Match across these fixtures for their standout contributions.

To finish the week, the Year 8 Boys Basketball Team secured a good win against the Westcliff B Team, with Tomas taking Player of the Match.

A great effort from all teams involved.



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)



Lion King Trip

On Wednesday, 150 pupils travelled to London to see the West End production of The Lion King at the Lyceum Theatre. The pupils were very excited and incredibly well behaved. Year 10 pupils, who have been studying the show as part of their performing arts coursework, were inspired to see the music, dancing and singing come alive on stage. Year 7 pupils enjoyed listening to the songs they have been learning in their music lessons. For many pupils this was the first time they had been to London to see a West End show; an amazing opportunity for all.



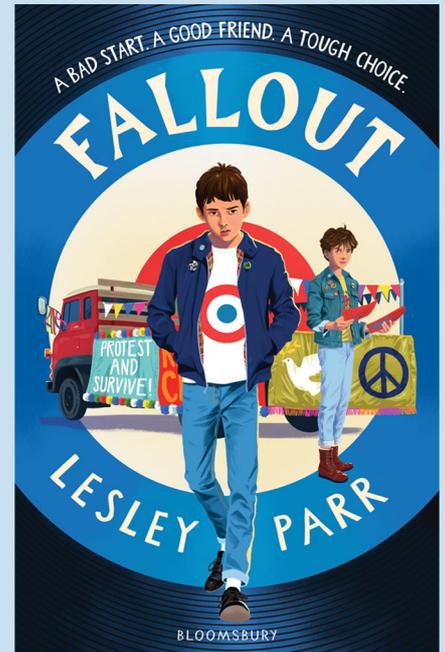
BOOK OF THE WEEK!

Fallout by Lesley Parr

Age recommendation: Perfect for all ages

Short synopsis: Marcus's family is well known in their small town for all the wrong reasons. Everyone assumes that Marcus will follow in the family footsteps, but he has other ideas and different ambitions. Can Marcus become the person he really wants to be?

Why choose this book: If you love Frank Cottrell-Boyce books, this underdog story is perfect for you.



Dates for your Diary:

26.11.25 Year 8 HPV Immunisations

04.12.25 Year 11 Parents' Evening (Face to face)

17.12.25 Sixth Form Honours / Xmas Party

17.12.25 Xmas Jumper Day/Christmas Dinner

19.12.25 End of Term - 12.45 Finish for pupils

05.01.26 INSET DAY



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://www.twitter.com/chasehighsch)



CHASE HIGH SCHOOL
AMBITION - RESILIENCE - KINDNESS

ATTENDANCE POLICY & PARENTAL RESPONSIBILITY

At Chase High School, we believe good attendance is vital for every student's learning, wellbeing, and progress.

ATTENDANCE POLICY

- ▶ All students are expected to attend every timetabled session on time.
- ▶ Attendance is monitored daily to ensure pupils are safe and supported.
- ▶ Unauthorised absences may result in follow-up contact from the school.

REPORTING ABSENCE

- ▶ Please contact the school before the start of the school day, or
- ▶ Inform us as soon as possible if your child cannot attend.
- ▶ You must provide a clear reason for the absence and, where possible, an expected return date.

Absence can be reported via 01702 361186 or attendance@chasehigh.org

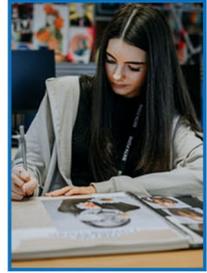
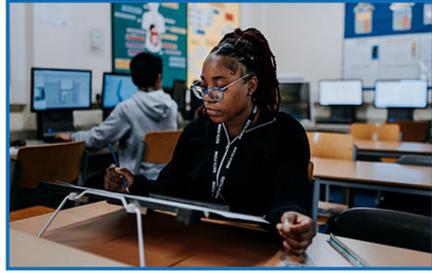


AMBITION - RESILIENCE - KINDNESS



CHASE HIGH SIXTH FORM

AMBITION - RESILIENCE - KINDNESS



SCAN THE QR CODE TO
APPLY NOW!



FOR FURTHER INFORMATION
OR TO BOOK A TOUR
EMAIL SIXTHFORM@CHASEHIGH.ORG



AMBITION - RESILIENCE - KINDNESS

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.

OPPORTUNITIES



Observe GP is an online alternative to work experience for aspiring medics aged 16 and over, who are living in the UK. It is a free interactive video platform providing insights into the role of a GP and the wider primary care team. [Watch the introductory video](#), so you have an idea of what to expect.



BSMS Virtual Work Experience: [This course](#) provides online work experience for those considering to apply to medical school. You will be taken through six areas of medicine, exploring the roles, skills required, and challenges faced by today's doctors.



[In this virtual work experience](#), you'll take part in realistic activities designed to mirror the work of NHS professionals. You'll build confidence in spotting signs of common conditions, practise effective consultation skills, and reflect on the importance of empathy in healthcare. By the end of the programme, you'll have a clearer understanding of how to pursue a career in health, from university routes to on-the-job training.



This [Virtual Work Experience](#) programme is bursting with engaging content designed to introduce you to the various healthcare science careers available, plus pathways into a healthcare science career with NHS England!



Wednesday 26th November, 6-7pm: Come along to this virtual session to learn more about the process of Applying to Medicine at the University of Leicester. From choosing the right university, to understanding the entry requirements (including the need for work experience, the UCAT and MMIs), visit our website for more information and [how to sign up to attend](#).



Healthcare interview preparation talk and Q+A, Thursday 8th January. [Join the University of Brighton](#) for a live talk from one of our health admissions tutors to learn about how healthcare interviews work, and how you can best prepare for a healthcare related university interview.

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

JOB OF THE WEEK



[General Practice Doctor](#)

As a GP, you'll provide ongoing medical care for patients in the community, treating a range of illnesses and conditions. You'll consider physical, emotional and social factors to provide a holistic approach to care. All GPs carry out administrative work, but if you're a partner in a practice, you'll also have business and management responsibilities.

LABOUR MARKET INFORMATION FACT

"There were 1,308,825 full-time equivalent (FTE) staff directly employed by NHS England on 30 September 2023. The number of staff increased across all groups over a 10 year period, doctors by 37.0%, and nurses, midwives and health visitors by 23.1%."

[Source](#)



CAREERS NEWSLETTER

OPPORTUNITIES



On November 19th, International Men's Day celebrates worldwide the positive value men bring to the world, their families and communities. We highlight positive role models and raise awareness of men's well-being. Our theme for 2025 is "Celebrating Men and Boys". [Watch here.](#)



An apprenticeship at Pfizer means doing work that helps millions of people across the world benefit from life-changing treatment. It means working for a company that believes in equity, excellence and protecting your work-life balance. And it means working with colleagues who take your ideas seriously and support your learning and development. Watch the Apprentices in Action video [here.](#)



Bristol Medical School Virtual Open Day. A talk on medicine at Bristol University led by one of our academics followed by a live Q&A with our staff and students. Catch up on the recording [here.](#)



Listen to The Unofficial Guide to Medicine Podcast for a dose of careers advice for medical students. [Listen here.](#)



If you have a passion for helping people and are looking for a compassionate, intellectually stimulating and varied career, then studying medicine at Kent and Medway Medical School could be for you. The next virtual open day is Thursday 26th March; find out more [here.](#)



Cancer Research UK's early career programmes are unique as no previous experience or qualifications are required. This is because we are committed to breaking down barriers and creating an inclusive and diverse workforce, which we believe will help us beat cancer. Read more [here.](#)



On Wednesday 26th November, 5:30pm - 6:30pm join the University of Sunderland for an informative session with our nursing admissions tutors who will help you to optimise your interview performance. Find out more [here.](#)

EMPLOYER SPOTLIGHT

"Our early careers programmes are designed to empower you as you enter the world of work. At GSK, we're driven by ambitious goals and a purpose to positively impact the health of billions of people. Our vibrant culture fosters collaboration, innovation, and inclusivity, where varying perspectives are valued and celebrated."

Find out more [here.](#)

UNI SPOTLIGHT

"Coventry is a forward-looking, modern university with a proud tradition as a provider of high quality education and a focus on applied research. Your future is personal and so is your journey with us. Recognised for its outstanding student experience, we give you options to shape a path that's uniquely yours." Read more about Coventry University [here.](#)

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

What Parents & Educators Need to Know about TRACKING DEVICES

Bluetooth tracking devices like Apple's AirTag and Samsung's SmartTags have exploded in popularity, with millions sold each year. These small tools help people locate their lost items, but their discreet design has also made them attractive for more sinister purposes. From stalking to bullying, tracking devices present unique risks that trusted adults need to understand and address.

WHAT ARE THE RISKS?

STALKING AND HARASSMENT

Because of their tiny size and unassuming appearance, tracking devices can easily be hidden in bags or clothing. They've been used to monitor individuals without their knowledge, with a lawsuit in the US labelling AirTags "the weapon of choice of stalkers and abusers". In the UK, use of tracking devices in coercive control and stalking cases reportedly rose by 317 percent between 2018 and 2023.

TOOLS FOR BULLYING

Tracking devices could allow bullies to follow or locate their targets even outside of school. This makes it difficult for children to find refuge, potentially extending the trauma of bullying into spaces – like home – that should feel safe and secure.

FALSE ACCUSATIONS

Because tracking devices are linked to user accounts, they could be misused to 'prove' ownership of someone else's possessions. Someone could, for example, plant a tracker on another person's belongings to falsely claim them as their own.

INVASION OF PRIVACY

These devices are designed to share location data with the user via other people's phones, which can unintentionally broadcast someone's movements without their consent. This makes them vulnerable to being monitored by strangers without realising.

DIFFICULT TO DETECT

Many tracking devices are designed to be discreet, but that also means they're easy to hide. Without proactive checking or the right tech to detect them, children and young people might not realise they're being tracked.

Advice for Parents & Educators

WATCH FOR WARNING SIGNS

If a child's peers always seem to know their location – whether in person or hinted at online – it could be worth checking for tracking devices. Some, like AirTags, will eventually make a noise if separated from their owner. Listen out for a chirping sound.

CHECK LIKELY HIDING SPOTS

Common places where trackers may be planted include jacket linings, bag seams, pockets, or under bike seats. If you find one, take a photo of the serial number before disposing of it – this could help police trace the account it's linked to.

USE DETECTION APPS

Apple devices running iOS 14.5 or later will notify users of unknown AirTags nearby. Android users can install Apple's 'Tracker Detect' or the third-party app 'AirGuard' to scan for tracking devices from various manufacturers.

HAVE THE CONVERSATION

Talk to your child about what tracking devices are, what signs to look out for, and how they might be misused. Emphasise the legal consequences of using them to prank, harass, or monitor someone.

Meet Our Expert

Alan Martin is a seasoned technology journalist with bylines in Wired, TechRadar, The Guardian, The Evening Standard, The Telegraph, and The New Statesman. He specialises in consumer tech, online safety, and emerging risks in the digital landscape.



#WakeUpWednesday

The National College

WHAT I'D LIKE YOU TO KNOW ABOUT:

TYPE 1 DIABETES

DIABETES AWARENESS DAY 14TH NOVEMBER 2025

What is Type 1 Diabetes?

It is a serious condition where your blood glucose level is too high. Insulin is made by the pancreas and it allows the glucose in our blood to enter our cells and fuel our bodies.

IT IS AN
AUTOIMMUNE
CONDITION WHERE
THE BODY DESTROYS
ITS INSULIN
PRODUCING
CELLS.

If you have Type 1 Diabetes you cannot make any insulin so need to have insulin injected or via a pump.

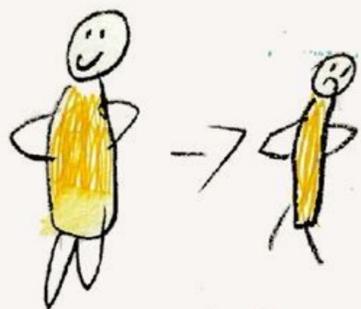
Approximately 270,000 people in England have Type 1 Diabetes.

TYPE 1
DIABETES
IS NOT CAUSED
BY DIET OR
LIFESTYLE.



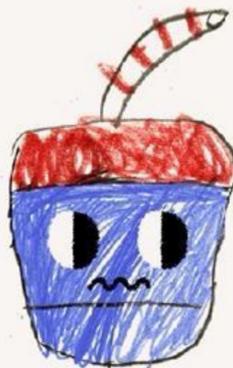
WHAT ARE THE SYMPTOMS?

The 4 main symptoms of Type 1 Diabetes - "The 4 Ts":



THINNER

unexpected
weight loss



THIRSTY

being REALLY
thirsty



TIRED

feeling more tired
than usual.



TOILET

going for a wee a lot,
especially at night.

If you spot any of these signs see a GP as soon as possible and ask for a test.
If left undiagnosed it can make you unwell, very quickly.

Illustrations by:

Avery Fuller Diagnosed age 6