

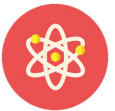


Headteacher's Comment:

Parents consultation evenings have been held for each year group since September and I hope you found the meetings with your child's teachers helpful.

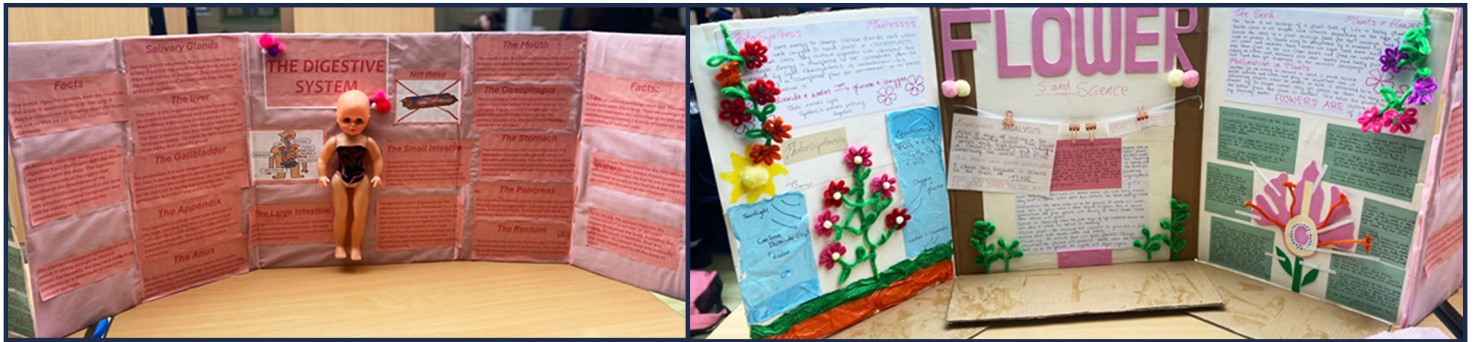
If you were unable to meet on the timetabled night, I encourage you to contact the year team as soon as possible. Working as a team we can help your child to achieve to their full potential and go on to achieve deserved success.

#achievemoretogether #proudtobe chase

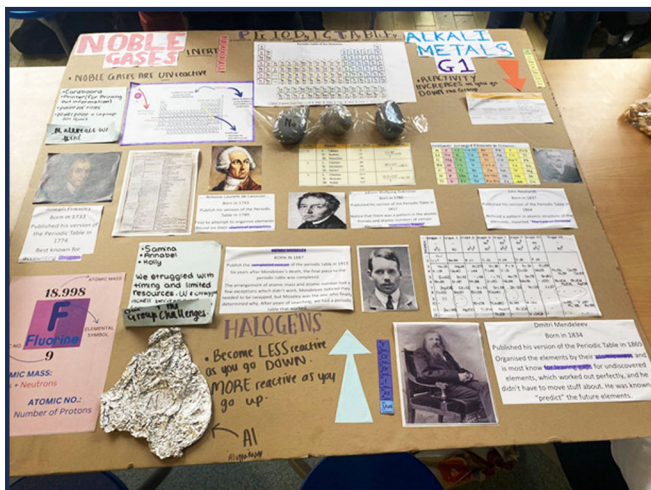


Science Fayre:

This year's National Science Week had the theme of 'Time' and we celebrated here at Chase High with students creating models of an area of interest they have studied in their time in Science at Chase. The creativity on display was outstanding and the winners from each class got to present their models, and share their knowledge at the Science Fair on Monday 18 March. The best three entries were a difficult choice. Well done to all students who took part!



First Prize – (Year 9) Alex, Teyah, Sasha



**Second Prize (Year 9)
Samina, Annabel and Holly**



**Third Prize (Year 8)
Rupsa**



Ramadan/Eid:

Last week saw the beginning of Ramadan; a very important month for our Muslim students and their families. During this time they will fast daily between sunrise and sunset and focus on becoming closer to Allah and showing empathy for those less fortunate than themselves. Within our school community, we have a large number of students observing Ramadan and to help raise awareness, six pupils delivered an assembly to each year group. The students did a fantastic job, explaining how and why Ramadan is observed. To all our Muslim students and their families, we would like to wish you a happy Ramadan.



BTEC Celebration:

Sixth form students were treated to doughnuts to celebrate their achievements in recently published BTEC results. Students have shown a real dedication to their studies and achieved lots of merits and distinctions in Sport, Science, Business, Health and Social Care, Art, Media, IT and Games Development.



Rugby Tournament:

Last week our U14 girls Rugby team had their first ever game against Thorpe Hall. The girls showed fantastic resilience and organisational skills during the match, displaying their passion and talent for the sport. A huge well done all the girls who took part!



Word of the Week:

The word of the week from Monday 25 March 2024 is **Apply**; To use learned skills on a specific task.

House points totals for this week



694



993



995



903



Dates for your Diary:

- 26.03.24 Books of Pride Celebration Event/ Year 11 Honours Assembly
- 27.03.24 Honours Assemblies/Year 9 Immunisations
- 28.03.24 End of Term. School closes at 1.20 pm
- 15.04.24 Back to School on a Week 2 Timetable.



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10 Top Tips for Parents and Educators

ENCOURAGING OPEN CONVERSATIONS AT HOME

With tricky topics and occasional clashes of opinion, it can be challenging to maintain an environment where children feel able to talk candidly and honestly. However, encouraging such conversations helps to develop trust – making it easier to unpack even sensitive subjects as children get older. Here are our top tips for promoting open conversations at home.

1 CREATE A SAFE SPACE

Criticism, blaming or shaming can all prevent children from feeling emotionally safe – while showing affection, positive attention and an interest in what a child has to say builds their sense of security. These formative years are when children's opinions and values begin to take shape, so it's important to provide a non-judgmental environment in which to discuss them – especially if their opinions differ from your own.

2 CONSIDER OTHER OUTLETS

Some children may find it easier to talk while they're participating in another activity such as drawing, writing, walking or sport. If it's possible, taking part in these activities together presents you with an opportunity to communicate while doing something side by side. A child may feel less pressure that way and can be more inclined to open up of their own accord.

3 NORMALISE CHATS ABOUT FEELINGS

Incorporate mental health and emotional wellbeing into everyday conversations, using age-appropriate language and examples to help children understand their emotions. Ask questions like "How are you feeling today?", "What was the best and worst part of your day?", "If you could start today again, what would you do differently?" and "Is there anything you want to talk about?"

4 LISTEN ACTIVELY

When children express themselves, make it obvious that you're listening closely and giving them your full attention. Maintain eye contact and validate their feelings without immediately trying to solve the problem. It's not helpful to dismiss their issues as childish or 'teenage angst' – or to assume that they'll simply 'get over' whatever they're feeling. Children don't have your life experience; their resilience is still developing as they learn to push through difficulties and handle problems.

5 ASK OPEN QUESTIONS

Encourage children to share their thoughts by asking open questions about their feelings and experiences. Closed questions (such as "Did you enjoy school today?") are more likely to elicit a simple "yes" or "no" response. Instead, you could ask things like "Who did you spend time with at break?" or "Who did you sit with at lunchtime?"

6 RESPECT THEIR BOUNDARIES

If a child isn't ready to talk to about something yet, respect their boundaries: this reinforces that their feelings are important and worthy of consideration. Ideally, you're aiming to let them know you care without smothering them, so just make it clear that you're there for them whenever they're ready to chat. Gentle, regular check-ins can sometimes be the best form of progress.

7 LEAD BY EXAMPLE

Model open, honest and healthy communication in front of children and young people. Try to demonstrate kindness when talking about others and yourself, because if children hear adults being overly harsh, critical or judgmental, or see them having unrealistic expectations of themselves, it makes them more likely to adopt and repeat this behaviour themselves as they grow.

8 HAVE REGULAR CHECK-INS

Check in with children periodically to discuss how they're feeling and what's going on in their lives. This could be a weekly or monthly conversation, where the child has an opportunity to share whatever's on their mind. For parents and carers, getting away from the house and other distractions might be productive here: you could consider regular trips to a coffee shop or a café, or just a weekly walk.

9 PROVIDE RESOURCES

It's often beneficial to let children know about other support that's available to them if they're struggling to talk to you specifically. Encourage them to talk to school counsellors, trusted adults or even a therapist, if necessary – while normalising this route and dispelling the harmful stigma around asking for help. Older children could engage with resources such as Kooth or YoungMinds.

10 CELEBRATE EMOTIONAL EXPRESSION

It's beneficial to praise children for expressing their feelings honestly – emphasising how important it is to talk about their emotions and how proud you are of them for doing so. This can be especially pivotal for boys, who often experience more of a stigma around talking frankly about their feelings and their mental health – a barrier that can be overcome, with enough love and support.

Meet Our Expert

With 30 years' experience as a teacher, trainer, consultant and interim executive board member, Anna Bateman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.



#WakeUpWednesday®

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