



Headteacher's Comment

As another half term draws to an end, I am keen to reiterate a message from last week and commend the maturity and dedication of our Year 11, Year 12 and Year 13 students who are now in the middle of their exams. Huge congratulations to our amazing sportspeople and the successes they have had in the recent National competitions and wish them all the best for the upcoming National finals.

I hope you all have a restful break and that you are afforded the opportunity to spend time with friends and family.

#ProudtobeChase



Jack Petchey

Last Tuesday 13 May, winners of the Jack Petchey Award 2024 attended the Palace Theatre to receive their medallion. Pupils receive a Jack Petchey award for many different reasons. This can be for being a good role model, overcoming difficulties, resilience, commitment to learning, kindness, dedication, helpfulness and so much more. The whole Chase High community is immensely proud.



Year 5 Open Day

Join us for our Year 5 Open Evening taking place on Wednesday 25 June from 16.00 to 19.30. On this date, the school will be closing to pupils at the earlier time of 13.25. Any pupils with free school meals are able to collect these at break time. The school will open again to pupils at the later time of 11.00 on Thursday 26 June.



Year 11 Timetable and Study Leave

Following the May half term, the Year 11 timetable will come to an end and a timetable of workshops and study sessions will commence. We encourage our Year 11 pupils to continue to attend school throughout their exams so that they can benefit from this additional revision. However, pupils will only be required to attend exams if it is their preference to study at home. A letter has been sent to all parents/ carers this week to outline this change but please find the full timetable of workshops and study sessions available to the pupils on page 4.



Celebration Assemblies

This week we celebrated pupils in years 7 - 9 during celebration assemblies. A big shout out to 9S2, 8T1 and 7S2 for being awarded the most house points this half term, and well done to 9S2, 8R2 and 7S1 for having the best attendance scores in each year group. Congratulations to every pupil who was awarded a 'Pupil of the Half Term' award.

SPORT ROUND UP!

Last week saw 58 pupils from years 7-10 travel to Blackshots Stadium, Grays, to represent the school at the prestigious National Schools Athletics Cup. In the team event, the Year 7 and 8 girls team performed brilliantly to beat the school's all-time team record. They finished 5th out of 13 schools finishing above several private schools. They are currently ranked 5th out of 26 schools from the second of four first rounds that have taken place. The Year 7/8 boys team also performed very well finishing 3rd of the day and are currently ranked 7th out of 26 schools. We are hopeful both teams will qualify for the regional final on the 5th June.

We had a large number of outstanding individual performances including 9 school records!

Malachi - Hurdles

Harmony - Discus

Kaprice - 100m

Dexter - 1500m

Sabella - 200m

Lilli - 200m

Jack - 200m

Fern - Pole Vault

Wiktoria - 100m



The Calm Corner

The Calm Corner CIC, is a community interest company who work with children, young people and adults to support their mental health and well-being. They have been lucky enough to secure funding to run a six-week workshop in a school setting and have chosen to work with the students at Chase High School.

The workshop will be run by two qualified counsellors with extensive experience in youth mental health and well-being. The workshop will address critical topics, including navigating friendship complications, conflict resolution strategies, and managing online friendships, while also tackling issues related to school avoidance when social interactions become overwhelming.

The aim is to equip students with practical tools and techniques to enhance their interpersonal skills, foster healthy relationships, and build resilience when our students face social challenges.

Book of the Week!

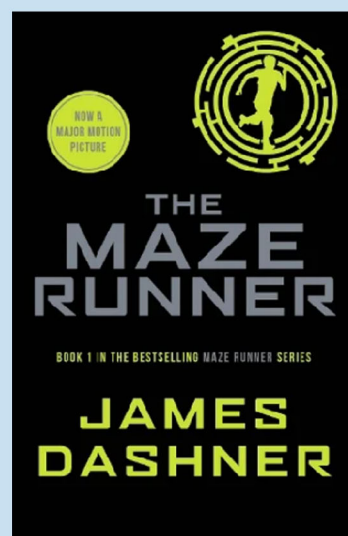
The Maze Runner

Age recommendation: 14+ Young Adult

Short synopsis: When Thomas wakes up in the lift, the only thing he can remember is his name. He's surrounded by strangers—boys whose memories are also gone.

Welcome to the Glade. Outside the towering stone walls that surround the Glade is a limitless, ever-changing maze. It's the only way out—and no one's ever made it through alive. Then a girl arrives. The first girl ever. And the message she delivers is terrifying.

Remember. Survive. Run.



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Chief Executive Officer: Mr R Duff

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Year 8 Community and Curriculum Evening

On Thursday 15 May, we held our Year 8 Curriculum Evening and welcomed parents, carers and pupils into the school to hear about the year ahead. The evening was comprised of a presentation in the hall to talk about the upcoming Year 8 exams and safety online, an interactive study skills session and a market place which allowed for conversations with subject specialists, the SEND department and our year team as well as the promotion of all of our fantastic extra-curricular activities. Pupils were then able to take away lots of guidance to support them on the build up to their summer exams.

We thoroughly enjoyed the evening and hope that everybody who attended found it to be as valuable as we did.

If you were unable to attend, I have included the KS3 exam preparation booklet and a voiced over presentation for you to view by clicking the icons at the side. These detail all of the key information but if you have any further questions, please do not hesitate to contact the year team who can direct your enquiry to the appropriate person.



Booklet



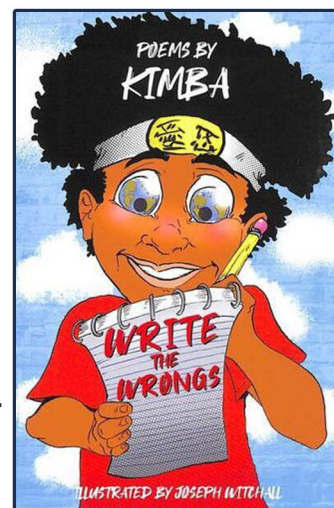
Presentation



Poetry Visit

On Monday 9 June, Chase High will be welcoming poet and spoken word artist, Kimba, to the school to deliver some assemblies and targeted workshops to our Year 7 and 9 pupils. During the day, he will share his poetry with the pupils, exposing them to the wonders of rhythm and rhyme. During his assemblies, he will talk about his love of hip hop, which provoked him to write and the inspiration behind his poetry.

Since finding his voice through poetry and performance, Kimba has worked extensively with several well-known schools, colleges and charities. He has also released two hip hop albums that have received high praise and support. His debut poetry book was released in early 2022 called Write the Wrongs, which is available to purchase online and pupils will be able to get their copies signed during lunchtime.



Dates for your Diary:

26.05.25 – 30.05.25 Half Term

02.06.25 Back to School on Week 2 Timetable/Reset Assemblies

03.06.25 Year 10 Army Team Building Event

09.06.25 Kimba Poetry Visit

13.06.25 Remote Learning Day



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Exam and workshop schedule June 2 to June 18.

	Exam - Whole cohort
	Workshop
	Exam- Partial cohort

	June 2- June 6					
	Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6	Saturday school
Warm up						
P1	Maths workshop	French workshop	Maths	History	English	Maths 10am - 12pm
P2						
P3	English workshop	Science workshop	History/Geography Workshops	French workshop	Geography workshop	
P4						
P5			English	French exam	Geography exam	
	June 9 - June 13					
	Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13	Saturday School
Warm up	Biology		Maths	Geography	Chemistry	Science Remote session (time TBA)
P1		Maths workshop				
P2						
P3	Geography/ History workshops	History/ Geography workshops	Science workshop	Science workshop	DT workshop	
P4		History			Food & Music workshops	
P5						
	June 16 - June 20					
	Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20	Saturday School
Warm up	Physics		DT			
P1		DT workshop				
P2						
P3	Music workshop	Food workshop				
P4	Music	Food				
P5						

London building – Independent study sessions June 2 to June 13

The London building canteen will be open at the below times for the students to study independently with staff supervision. If the London canteen is not open, students should be in an exam or a workshop only:

	Open
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June 2 - June 6					
	Monday	Tuesday	Wednesday	Thursday	Friday
P1					
P2					
P3					
P4					
P5					
June 9 - 13					
	Monday	Tuesday	Wednesday	Thursday	Friday
P1					
P2					
P3					
P4					
P5					

CHASE HIGH

Open Evening 2025

**Wednesday
25 June**

**Join us from
4.00pm - 7.30pm**



"I look forward to welcoming you to Chase High School, where you will have the opportunity to speak with staff and pupils about our caring, safe and aspirational environment."

Mr M Suttanwood, Headteacher



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



This week is Mental Health Awareness Week. The theme this year is “community”. Being part of a safe, positive community is vital for our mental health and wellbeing. We thrive when we have strong connections with other people and supportive communities that remind us, we are not alone. Communities can provide a sense of belonging, safety, support in hard times, and give us a sense purpose.



Here are some charities in the mental health space that are celebrating the week in different ways: Mind, Rethink Mental Illness & Samaritans



Are you interested in learning more about careers in wealth management? This is the opportunity you’ve been waiting for! Join St. James’s Place, a FTSE 100 company, and its Financial Adviser Academy, for an exclusive full-day virtual work experience. Taking place on 29th May from 0930am-330pm.



There is a new documentary series on BBC, “The 9-5 with Stacey Dooley”. Stacey takes five 16-18-year-olds into industries that are crying out for young workers to give them the ultimate work experience.



Become a Bright Star with Specsavers; “Our exclusive university scholarship offers future Optometry students the chance to receive £10,000 (or €10,000 in the Republic or Ireland) over four years, towards the cost of their university experience. It’s aimed at STEM students, with only 40 spots across the UK. This is a one-of-a-kind opportunity to begin a promising career as an Optometrist.”



If you are looking to apply to Medicine, the Medical Schools Council have a useful tool that allows you to view and compare different Medical schools entry requirements.

JOB OF THE WEEK



Art Therapist

They help individuals with emotional or mental health difficulties, to express themselves, explore their feelings, and foster personal growth. Art therapy is a form of psychotherapy that uses art as a way to communicate. Watch the video to learn more about how much you could earn, working hours and pathways into the industry.

LABOUR MARKET INFORMATION FACT

According to a new report by Pathways, student career aspirations are rooted far deeper than you would expect. The research found that 44% of students still want the job they dreamed about in primary school.

[Source](#)

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

CAREERS NEWSLETTER

OPPORTUNITIES



On Thursday 22nd May, UCAS are running a [live TikTok Q&A](#) with an admission expert and a UCAS expert as they dive into all your questions about applying to university.



From September 2025, Apprenticeships now earn UCAS points. This means you could do an Apprenticeship at the end of Year 11 and then go onto University, which hasn't been possible in the past. [Click here to discover how your apprenticeship can earn UCAS Tariff points](#), helping you access higher education and take the next big step in your career.



The University of Southampton and University Hospital Southampton are pleased to offer students in Year 12 the opportunity to apply for [LIVE virtual work experience](#) delivered through Microsoft Teams. This project is aimed at students who are interested in studying Medicine. It is a very popular programme so please ensure you check the eligibility criteria before you apply. Applications open 9th to 30th June 2025. [This is the form to use](#) to apply when applications open.



Choices magazine is the ultimate parent and carer guide to apprenticeships and technical education! In [May's edition](#), find out what it's like to step into a corporate role at Lloyds Banking Group and hear first-hand experiences from two hairdressing apprentices. Find out why it's not too late to secure a role this summer.



[Sisterhood Summer](#) is a free programme to get your dreams out of the drafts and get equipped with the entrepreneurial skills to be a socially minded leader with the foundation to start your own business. Applications for Sisterhood Summer 2025 are open from 4th April - 6th June 2025.



Prosthetics and orthotics has a wide range of job roles for you to consider. Each job role has a range of career paths to explore. The resources [on this webpage](#) act as an introduction to the opportunities a career in prosthetics and orthotics can offer you.

EMPLOYER SPOTLIGHT

"From Consumer Banking to tech, marketing and beyond – we offer a diverse array of careers. You'll find a variety of career paths and opportunities to learn and grow.

We're committed to supporting our employees and helping them succeed every step of the way."

Read more about [JPMorganChase Careers here](#).

UNI SPOTLIGHT

"We are a university that enables opportunity for the good of everyone. Everyone needs ambitions and at City St George, we give you the opportunity to realise yours. Our community is strongly invested in [student wellbeing](#), [diversity](#), [environmental sustainability](#) and connections with responsible businesses."

Read more about [City St George's Courses here](#).

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

What Parents & Educators Need to Know about VIOLENT CONTENT ONLINE

Around 70% of teenagers say they've seen real-life violence on social media in the past year – often from as young as primary school age. Just 6% actively seek it out; most encounter it through group chats or social media algorithms. From fights and pranks to hate speech and graphic media, exposure to violent content online is more widespread – and more harmful – than many adults realise.

WHAT ARE THE RISKS?

MENTAL HEALTH AND TRAUMA

Children and young people report feelings of anxiety, guilt, shame or fear after seeing violent content. For some, these effects may be short term, but for those with existing vulnerabilities or past trauma, the impact can be more severe. Many also feel pressured to 'laugh off' violent content to fit in with friends, even when they find it distressing.

BEHAVIOUR CHANGES

Exposure to online violence can lead to fear and avoidance behaviours – such as skipping school or staying indoors. When children see weapons used in videos, it can heighten their perception that the world is unsafe and, in rare cases, increase the likelihood they'll consider carrying a weapon themselves, such as a knife for protection.

ESCALATION AND PARTICIPATION

Violent videos often go viral quickly. What begins as an online argument can spill into real-world fights – which are sometimes filmed and shared to gain views or status. Some children even admit to sharing or creating violent content themselves to gain attention or boost their reputation.

DESENSITISATION

Older teens may become numb to violent content after years of exposure, admitting they're unlikely to report it. Younger children also tend not to report it – usually because they don't believe anything will be done or because they're afraid of being labelled a 'snitch' by their peers.

HARMFUL IDEOLOGIES

Violent content online may overlap with racist, misogynistic or otherwise extremist ideas. These messages can dehumanise others or glorify violence as a way to gain power, popularity or notoriety. Over time, this can normalise dangerous behaviours and attitudes among impressionable viewers.

DISPROPORTIONATE IMPACT

Not all children are affected equally. Those who are excluded from school, marginalised, disabled or neurodivergent are often more vulnerable to the effects of online violence. It's essential to consider wider context – including home life and access to safe spaces – when thinking about potential harm.

Advice for Parents & Educators

CREATE SUPPORTIVE SPACES

Many children feel adults are too busy or won't understand their experiences online. Take time to build trust through non-judgemental conversations about what they're seeing. If they don't want to speak to you directly, gently signpost towards trusted services they can turn to for support.

KNOW WHAT'S ILLEGAL

Some violent content is simply upsetting, while other examples may be criminal or a safeguarding matter that needs reporting. Help children understand the difference by staying informed about online laws and social media reporting procedures. A useful resource is reportharmfulcontent.com.

AVOID HARSH RESTRICTIONS

Fear of punishment is a major reason young people stay silent about violent content. Try not to overreact or threaten to take away devices. Instead, reassure children that they can speak openly and that asking for help won't get them into trouble.

UNDERSTAND TECH AND TRAUMA

Older children may already know how to block accounts or avoid triggering content. Help younger or more vulnerable children learn these tools and encourage habits that reduce exposure. Just as importantly, teach techniques that help them process distress – building resilience and emotional literacy for both online and offline life.

Meet Our Expert

Dr. Holly Powell-Jones is the founder of Online Media Law UK and a leading UK expert in digital safety, media law, and young people. Her PhD investigates children's understandings of risk online. She works with schools, businesses, and universities to provide award-winning education on the criminal, legal, and ethical considerations for the digital age. Visit onlinemedialawuk.com for more.

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