



## Headteacher's Comment:

This week, we held special assemblies in honour of Holocaust Memorial Week, reflecting on the memories of those affected by this tragic chapter in history. These assemblies served as a powerful reminder of the importance of kindness, tolerance, and respect within our school community. I implore you to model the levels of inclusivity that modern society deserves when engaging with your children, as this will further support the important work that takes place daily at Chase High School.



## Chelsea Football Academy Win:

Congratulations to our Sixth Form Football Academy who won 5-4 against Sweyne Park School this week!

We are holding trials during half term on 20 February 10.00 - 12.00 for male and female Year 11 pupils who want to join our football academy next year. This opportunity allows students to play football everyday, whilst studying A Level or BTEC courses. For more information please email [sixthform@chasehigh.org](mailto:sixthform@chasehigh.org).



## Litter Hero:

A big well done to Nathaniel in Year 7 who has done a great job of clearing litter close to the school site. Nathaniel has demonstrated a number of our LORIC strands, volunteering his time to pick litter and helping improve the local environment. Nathaniel also picks litter close to his home and clears all the rubbish he can find with his dad. Great work Nathaniel! #litterhero.



## Year 13 Parents' Evening:

We are holding our Year 13 Parents' Evening online on Thursday 6 February from 16.00 and hope all parents/carers take advantage of speaking with staff about their child's attainment and engagement. The booking system is now open. If you are having difficulties in booking appointments, please contact Mrs Barber, Deputy Head of Year 13.

Click here to book now. <https://chasehighschool.schoolcloud.co.uk/>





## Holocaust Memorial Assemblies:

This week, our pupils attended Holocaust Memorial Day assemblies led by Mr McDonnell. The assemblies were sensitive to the ages of our pupils and enables them to appreciate the atrocities suffered by millions of Jews during the Second World War. The assemblies also promoted peace, tolerance and human rights.



## Careers Networking Event:

On Monday, as part of our careers programme, we were thrilled to host over 12 diverse businesses and educational institutions for an engaging discussion on various career paths, including The RAF, radiography and engineering. Our Year 10 pupils participated in a speed networking event, impressing the Careers department with their insightful questions. The aim of the event was for pupils to establish connections with local businesses and to aid them in achieving their career goals.



## LORIC Week

This week, pupils have taken part in LORIC week. Year 7 and Year 10 pupils have been taking part in resilience tasks, Year 8 have been focusing on leadership, and Year 9 and been working on their communication skills. Well done to all pupils for getting to stuck into the LORIC week tasks.



## Sport Round Up:

Our Year 8 boys were in action this week against Southchurch High School.

Congratulations to them all on their 4 - 0 win!

**The following practice is cancelled next week:**

Thursday – Year 10 Basketball



## Dates for your Diary:

27.1.25 Year 12 Houses of Parliament & Bank of England Trip

05.02.25 Year 7 Take your child to work day/Somme Trip Parent Information Evening 18.00 - 19.00

06.2.25 Year 13 Parents' Evening



**DISCOVERY**  
EDUCATIONAL TRUST

**Chief Executive Officer: Mr R Duff**

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



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**Carers First**

**Young Carers**

# Young Carers

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# Open Day

**We invite you to drop-in with your Young Carers and get to know the New Young Carers Service for Southend.**

St Michaels & All Angels Church  
62 Leigh Road, Leigh-on-Sea, SS9 1LF

Wednesday 19<sup>th</sup> February 2025  
10am – 4pm

Contact us for any questions

**[carersfirst.org.uk](http://carersfirst.org.uk)**

**0300 303 1555**



# 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

We know it's the first week back and February feels AGES away... However, we want to bring your attention to the fact that 10th-14th February is National Apprenticeship Week. This is one of the biggest events in the careers calendar.

We will share more information with you about specific events the week before the event. But, for now, these are some of the things you can do if you're keen to learn more about apprenticeships and make NAW2025 a really impactful event for your career knowledge, growth and future planning.



Here are the events that are already listed for the week, you can already register to as many as you'd like. Some are broad and about apprenticeships in general whereas others are specific to certain industries/employers.



You can also find events directly from employers and education organisations by searching #NAW2025 on social media platforms.

**GIVEAWAY**

The week is run by a company called CareerMap who are giving away a range of prizes during the week (including a MacBook Pro and JustEat vouchers!).

You might be thinking, "Ok, great... But I don't really know much about apprenticeships at the moment!". Here are some of the questions you might have:

- What is an apprenticeship?
- Is an apprenticeship right for me?
- What do the different Apprenticeship levels mean?
- Should I go to university or do a Degree Apprenticeship?
- How can I educate my parents/carers about Apprenticeships?
- How do I apply for apprenticeships?
- What support is there for me if I have additional needs?



If you have any questions or need support, please email [careers@chasehigh.org](mailto:careers@chasehigh.org)

## JOB OF THE WEEK



### Geneticist

A Geneticist is a scientist or physician who studies the science of genes, heredity, and variation in organisms. They study how genes work in humans, animals, plants, and microbes, and how they are passed on.

Watch the video to learn more about how much you could earn, working hours and pathways into the industry.

## LABOUR MARKET INFORMATION FACT

Apprenticeship starts were up by 0.7% to 339,580 in academic year 2023/24, compared to 337,140 reported for the previous year.

Under 19s accounted for 23.2% of starts (78,930) in 2023/24.

Source



# CAREERS NEWSLETTER

## OPPORTUNITIES

If you already know that you want to follow the university route, you can find lots of events using [UniTasterDays](#).

The [Met Office work experience programme](#) consists of two distinct phases. The first is an online work experience. This stand-alone programme is available to all UK-based students aged between 13 and 18, and all who register are guaranteed a place. As part of this programme, you'll explore typical roles in the Met Office through a series of videos, projects and webinars. Following completion of the online programme, you can apply for a second phase of work experience - a two to three day in-person placement, for which limited places are available.



EquityEd has been started by current university students who want to make the education pathways beyond Sixth Form more accessible to everyone. "At EquityEd, we bring the opportunities directly to you. We want to make sure that all opportunities are accessible to all state-school students and not gate kept by a minority. Gain access to opportunities for Secondary, Sixth Form, & College students from top institutions and organisations starting today by [using our website](#)."



"At Rolls-Royce, we want you to be at your best. That's why we've created [two comprehensive preparation guides](#) to help you know what to expect when it comes to applications, interviews and Assessment Centres. Whether you're applying to a Rolls-Royce Early Careers programme or elsewhere, these guides can give you a helpful insight into the recruitment process. So, you can feel ready and confident for the journey ahead."



"The [National Apprenticeship & Education Events](#) are designed to inspire school & college leavers, and other young adults, to discover more about career and further education opportunities. Our events bring together thousands of Students aged 15+ from schools, sixth forms & colleges, parents, guardians & individuals together with Top UK Employers, Universities, Colleges & Training Providers. Our events provide those all-important face-to-face conversations in a fun and interactive setting."



## EMPLOYER SPOTLIGHT

"You'll not only play a part in powering, protecting & connecting people everywhere, you can expect all the training and qualifications you need to progress yourself. Getting your ideas noticed and gaining the support to develop your skills and knowledge. Step into a friendly, welcoming environment: a place where you can be your best & feel like you belong."  
Read more about [Rolls Royce Careers](#) [here](#).

## UNI SPOTLIGHT

"The University of Manchester is a centre of teaching excellence, world-class research, outstanding student experience, and social responsibility. Part of the prestigious Russell Group of universities, it's institutions like ours that have the greatest responsibility to act as the world faces big challenges. Together, we face this head on."  
Read more about [The University of Manchester](#) [here](#).

If you have any questions or need support, please email [careers@chasehigh.org](mailto:careers@chasehigh.org)



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## OPPORTUNITIES



Apprenticeship Insights - Hosted by BAE Systems is an online webinar taking place on 10th Feb at 530pm. You can gain find out about the amazing apprenticeship opportunities on offer. You can look forward to talks about our careers, interactive Q&A sessions, and the chance to meet current apprentices. They suggest that you come prepared with all of your best questions to make the most of the session.

The XMaS Scientist Experience is a nationwide opportunity for any female/female-identifying Year 12 UK Physics students to join us on an all-expenses-paid 4-day trip to the ESRF in Grenoble, France, at the end of June/beginning of July. Our aim is to encourage students to consider science careers, foster a sense of community, encourage self-belief. We don't need applicants to already excel at physics, but we do want students who are curious about the world around them, who are creative and keen to learn more about science and who are willing to share their enthusiasm. Deadline for Submission: Midnight on 27th February 2025. If you're not in Year 12 yet but this is of interest - remember it for the future! It is an AMAZING opportunity.



With the rise of AI and Applicant Tracking Systems (ATS) in recruitment, ensuring you have an ATS friendly CV is essential for landing that interview. Many employers, including those in the charity sector, now rely on automated systems to filter through applications. To ensure you make it past the initial screening, follow these crucial tips on optimising your CV.



In this virtual Sociology session taking place on January 20 @ 11:10 - 11:55, Dr Pamela Odih from the Department of Sociology at Goldsmiths, University of London will run an interactive talk for students on Race, Racism and Leisure - Black Youth Culture in Urban Spaces.



If you have any questions or need support, please email [careers@chasehigh.org](mailto:careers@chasehigh.org)

## JOB OF THE WEEK



### Astronomer

An astronomer is a scientist who studies the universe and the objects within it. They use equipment like telescopes and cameras to observe astronomical objects, such as stars, planets, moons, comets, and galaxies.

Watch the video to learn more about how much you could earn, working hours and pathways into the industry.

## LABOUR MARKET INFORMATION FACT

Did you know that the average national salary in the UK is £40,311? Or that there are 747,106 current vacancies in the UK?

You can check these statistics any time using the Adzuna website! They update these statistics every week so you know you're getting the most up to date information available.



# CAREERS NEWSLETTER

## OPPORTUNITIES



Join the University of Liverpool as they guide you through applying to university via UCAS, including key dates and top tips on how to make an effective application. This is part of an ongoing webinar series where the University of Liverpool offer free webinars to help you understand every element of the university application process. 23 January 2025 at 6pm.



If you are interested in art, design, media and architecture courses, join the University of Brighton to find out how to create a portfolio that will get you noticed and set you apart from other applicants. 29th January or 11th February at 5pm.



"If you're looking for a role with excitement, intrigue and something that really makes a difference then now is the time to join AWE. We are at the start of a once in a generation – possibly two generations – programme to design and produce a replacement warhead for the UK's continuous at sea deterrent. We will do this while continuing to deliver the Trident programme as well as managing ambitious state-of-the-art capital and construction projects – some of which have never been done before." Check out their current roles here.



"A 4 day residential held at the University of Reading for students to learn more about the vast range of careers available within the Real Estate industry and the different routes into them." If you'd like to do a Summer School with a University but Reading isn't the right institution for you, just search the name of the university you're interested in followed by "summer school" to find more information on what they offer. Many universities offer summer schools but often they are for specific year groups.



You may have heard the term "gender pay gap". This refers to the difference between what men and women are paid for the same job role. A new report has researched this topic to see what impact this is currently having. For example, "women are 36% more likely to be providing unpaid care than men, and are more likely to take a career break or a part-time role to fit around the children."

## EMPLOYER SPOTLIGHT

"We are at the forefront of nuclear technology and innovation – always delivering to keep our nation safe and secure. our workforce is 7,000-strong and brings together globally respected and exceptional professionals. We have been named as one of the top Best Big Companies to work for in the Sunday Times Best Companies Awards." Read more about AWE Careers here.

## UNI SPOTLIGHT

"The University of Reading has been at the forefront of UK higher education for nearly a century. Over the decades we have become innovators and pioneers, pushing academic boundaries and leading social change. We strive to create a stronger, better University, building on our past to create an exceptional future." Read more about The University of Reading here.

If you have any questions or need support, please email [careers@chasehigh.org](mailto:careers@chasehigh.org)

# What Parents & Educators Need to Know about HEALTH & FITNESS APPS

Physical wellbeing apps are useful tools for monitoring and improving our health. They allow us to balance nutrition, set goals, track our activities and sleep patterns, and motivate us to exercise. Nonetheless, there *have* been some reported drawbacks; this guide outlines some of these concerns and explains how to use fitness apps safely.

## WHAT ARE THE RISKS?

### LACK OF PERSONALISATION

Many apps take a one-size-fits-all approach, failing to account for the varying ages and abilities of children: a 16-year-old, for example, will have different physical needs to a child of 10. This can create unrealistic expectations and set exercises which may be too advanced for younger children or too simple for older ones.

### NOT DEVELOPED BY EXPERTS

Some fitness and wellbeing apps are developed by experts in the field – but a concerning number of them *aren't*. As such, these platforms may contain inaccurate information. They may present safety concerns by giving incorrect advice regarding physical activities or might include age-inappropriate content which would clearly cause more harm than good.

### REDUCED INTERACTION WITH OTHERS

Physical wellbeing apps can remove the social and interactive elements which physical exercise can offer – for instance, meeting people at fitness classes, at the gym or during any other such activities. Research has found that young people generally dislike this aspect of fitness apps, suggesting that they would rather exercise in the company of friends or other like-minded individuals.

### DATA AND PRIVACY CONCERNS

Fitness and wellbeing apps tend to collect a lot of personal information from their users, including name, location, date of birth, details of their physical health and more. It's worth keeping in mind that some of these apps may sell this data to third parties. We'd advise that any apps young people download should have the correct legislation in place to protect their safety and privacy while using the service.

### ADDITIONAL COSTS

While many fitness apps are free to download, the initial content is quite basic. Users will only receive more helpful content (such as new workouts, nutrition advice or a personalised plan) by signing up to a subscription or paying for extra features. This can incentivise users to spend money on the service – a cost which can quickly mount up.

### DEPENDENCY ON THE APP

While physical wellbeing apps can help motivate young users to manage their fitness, there's a possibility that – without being sent frequent rewards and reminders – children could start to lose their natural drive to be active. Young people may also become obsessed with tracking their exercise, health and eating habits: this can have negative effects on their mental and emotional wellbeing.

## Advice for Parents & Educators

### EXERCISE AND SOCIALISE

Highlight the importance of children enjoying fitness activities with family and friends, rather than always exercising alone. Emphasise the fun they can have by interacting with others rather than solely relying on an app to maintain their regime. Remind them of the importance of staying active, as well as the benefits of doing so with company.

### PROMOTE POSITIVE BODY IMAGE

While we want children to be active and healthy, we must also ensure they don't become fixated on how they look and begin take things too far. During childhood and adolescence, the body is still growing and changing. It's vitally important for young people's wellbeing that we promote a positive body image and a healthy relationship with food, empowering them to make informed decisions about their diet and lifestyle.

### REVIEW THE APP FIRST

Before allowing someone under 18 to install a fitness and wellbeing app, check its age rating, read its reviews and scroll through its data policy, to ensure its suitability for younger users. You could also try it yourself, to see if it's appropriate for the child's particular needs and decide if you're comfortable with them using it. Ensure that any privacy-compromising features – such as location tracking – are disabled.

### USE PARENTAL CONTROLS

As with all apps, it's important for parents to familiarise themselves with any controls on the app and to use these on a child's account. The specific settings vary between platforms but – most commonly – these will relate to screen-time limits, disabling or capping in-app purchases, and managing social aspects or features which aren't age appropriate. By utilising these controls, you can help to ensure a child is getting a safe experience.

## 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