



## Headteacher's Comment

I so often begin my News and Views with a comment about the weather — and this edition is no different! The recent sunshine has certainly been teasing us with the promise of a glorious spring and summer ahead.

As the warmer weather approaches, I would like to remind families that full school uniform must continue to be worn at all times. Any adjustments to uniform expectations will be communicated in good time, as they were last year. In the meantime, I have included a link to our uniform policy below and kindly ask that you take a moment to read through it. Should you have any questions, please do get in touch — this helps to avoid any unnecessary confusion when staff speak with pupils about meeting our uniform expectations.

It was a pleasure to see our Year 11 Geographers out in the local community of Walton-on-the-Naze as part of their fieldwork studies. They engaged confidently with members of the public while proudly spreading the ARK message.

[#ProudtobeChase](#)



## Online Safety Reminder

Despite a rigorous curriculum that addresses Online Safety, both in our PSHE and ICT lessons, there are still young people in our community taking far greater risks online than we would want them to, and technology is advancing in such a way that artificially generated images, or deep fakes, are becoming more common. The risks involved are beginning to carry greater consequences, including the threat of blackmail and exploitation. The greatest protection against this is parental monitoring of children's devices and activity. As the bill-payer and contract holder this is a parent's responsibility, however difficult children and young people might find that. We would urge all parents to address these issues in their own homes and seek support from the school if they need it.



## Navy Visit

Our Year 12 and Year 13 students recently had the exciting opportunity to take part in a team building and confidence workshop delivered by the Royal Navy. The session combined engaging STEM based activities with practical challenges designed to develop communication, leadership, and problem solving skills. Students also gained valuable insight into the wide range of careers and apprenticeship pathways available within the Navy, learning about the diverse roles, training opportunities, and progression routes on offer.



## Geography Field Trip

This week, Year 11 Geography pupils took part in a field study at Walton-on-the-Naze. The purpose was to study how management schemes have affected the natural processes at work along the coast. Fieldwork is an essential component for their GCSE final exams and in order to be adequately prepared, they carried a series of techniques to collect primary data.





## Sports Round Up!

The Year 7 boys' cross-country team performed beyond expectations on Tuesday at the Year 7 County Cross Country Championships, achieving our best ever finish. Competing against 41 teams, our top four runners placed an impressive 13th overall, and were once again the third highest-placed Southend school, matching our success at the Borough Championships.

In a highly competitive field, the team finished ahead of Felsted School (16th), The Champion School (19th), St Martin's School (22nd) and Westcliff High School for Boys (25th).

Our four scoring runners finished:

Jenson – 24th, Thomas – 64th, Keyan – 100th and Arthur – 101st

A special mention also goes to Travis, Edward, Dylan and Gabriel, who all ran extremely well and contributed to a fantastic team performance. You made us incredibly proud, well done, boys!



## Make Your Mark

our Junior Leadership Team presented The Make Your Mark 2026 campaign during the assemblies this week. Make Your Mark is the UK Youth Parliament's annual consultation for 11-18 year olds, giving young people the opportunity to vote on the issues they care most and have their voices heard locally and nationally. Pupils voted on 10 local youth issues. The top three issues become national campaigns for Members of Youth Parliament to work on over their two-year term and form the basis of all youth work in Southend.

# BOOK OF THE WEEK!

## Cogheart by Peter Bunzl

**Age recommendation:** Perfect for KS3

**Short synopsis:** Lily's life is in mortal peril. Her father is missing and now silver-eyed men stalk her through the shadows. What could they want from her? With her friends – Robert, the clockmaker's son, and Malkin her mechanical fox – Lily is plunged into a murky and menacing world. Too soon Lily realises that those she holds dear may be the very ones to break her heart...

**Why choose this book:** "A really wonderful steampunk story that reminded me of Philip Reeve's Mortal Engines series. It's pacy and exciting, and I loved the world that Peter has built." – Robin Stevens, Author of 'Murder Most Unladylike'



## Dates for your Diary:

- 02.03.26 – 06.03.26** International Women's Day Assemblies
- 03.03.26** KS3 International Women's Day Event 16.30 – 17.30
- 06.03.26** KS4 International Women's Day Event 16.30 – 17.30
- 03.03.26** Year 10 Jack Petchey Speak Out Challenge
- 05.03.26** World Book 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](http://www.chasehigh.org)



[@chasehighschoolsex](https://www.facebook.com/chasehighschoolsex)



[@chasehighschool](https://www.instagram.com/chasehighschool)



[@chasehighsch](https://www.twitter.com/chasehighsch)

# What Parents & Educators Need to Know about ADULT ANIMATED CONTENT

Bright, bold, and widely shared, adult animated content is more popular than ever, but not always what it seems. These videos, which may appear cartoonish and harmless, often contain strong language, explicit themes, graphic violence, or dark humour. Many are accessible through platforms like YouTube, TikTok or streaming services, where filters may not catch them in time.

## WHAT ARE THE RISKS?

### MISLEADING VISUAL STYLE

Many adult animations mimic the colourful, exaggerated look of children's cartoons. This can easily mislead not just children, but also adults, into thinking they're suitable for younger viewers. Without watching the content fully, parents or educators might approve a show or video that contains explicit jokes, graphic imagery, or highly inappropriate language, all disguised beneath a playful and fun visual style.

### EXPOSURE TO HARMFUL THEMES

A number of adult animated shows and online videos explore mature or disturbing themes, such as addiction, trauma, abuse, self-harm, or violence, and often do so in a stylised or humorous way. Younger viewers may not have the emotional maturity to process this content, leading to confusion, distress, or the normalisation of very serious issues that should be discussed in a supportive context.

### RISK OF DISTRESS AND FEAR

Some adult animations, especially horror-based content or 'creepypasta' style stories, include disturbing imagery, unsettling music, and sudden scares. These videos sometimes feature distorted versions of well-known children's characters, such as Sonic the Hedgehog or Peppa Pig, in frightening or violent scenarios. Children can be negatively affected if they come across this unexpectedly, leading to sleep disturbances, anxiety, or long-lasting fears, especially if children have existing worries or sensitive personalities.

### INFLUENCE OF EDGY HUMOUR

Dark, edgy humour is common in adult animation and often includes jokes about topics like sexism, racism, mental illness, or abuse. When children hear these jokes, they may repeat them without fully understanding their meaning. This can lead to inappropriate behaviour in school or online spaces, and in some cases, it can reinforce harmful stereotypes or desensitise children to real-world injustice and discrimination.

### ALGORITHMIC RECOMMENDATIONS

Video platforms are designed to keep users watching by suggesting similar content. If a child watches one mature animation, they may quickly be shown more, including even darker or more extreme videos. These recommendations are based on viewing patterns, not age-appropriateness. Without strict settings in place, this can lead to a rapid spiral into unsuitable, upsetting, or even harmful content online.

### DESENSITISATION TO VIOLENCE

Stylised violence in animation is often exaggerated and constant. Repeated exposure to it can reduce a child's emotional response to harm, making aggression or cruelty appear entertaining or acceptable. Over time, children may become less empathetic or more tolerant of harmful behaviours in real life, especially if they see others online reacting with humour, memes, or praise for violent characters or scenes.

## Advice for Parents & Educators

### LEARN WHAT CHILDREN ARE WATCHING

Take time to ask children what they're watching and who their favourite creators are. Sit down and watch a few videos to get a full understanding. This helps you spot inappropriate content early and shows children that you're interested and engaged in their online world, not just policing it.

### USE PLATFORM SETTINGS WISELY

Make use of built-in safety tools like content filters, restricted mode, and age settings on platforms such as YouTube, Netflix or TikTok. Turn off auto-play where possible and regularly review what children are being recommended. Although these settings aren't foolproof, they add an important layer of protection and help reduce the risk of children encountering disturbing or adult content accidentally.

### TALK ABOUT WHAT'S APPROPRIATE

Keep communication open and non-judgemental. Talk about why certain themes or jokes are not appropriate for children, even if they appear in animated form. Help children understand that just because something is popular or shared widely, it does not mean it's suitable or safe. If they've seen something upsetting, respond calmly, offer reassurance, and explain things in an age-appropriate way.

### ENCOURAGE CRITICAL THINKING

Help children think carefully about what they watch. Talk about the difference between fictional exaggeration and reality, while helping them question why certain content is made. Is it informative, entertaining, or meant to shock? This builds digital resilience and encourages them to make safer choices in future, rather than simply following viral trends or peer pressure to watch mature content.

### Meet Our Expert

Home to the world's largest CPD library for educators, The National College has transformed the way education establishments go about developing their workforces and managing compliance. We offer memberships and packages to help all phases and types of setting raise standards, save time, reduce risk, and build a culture of improvement.

#WakeUpWednesday

The National College

See full reference list on our website

# Brand New for 2026

## WEBINARS FOR SUPPORTING NEURODIVERGENT CHILDREN AND YOUNG PEOPLE

Provided by your Mental Health Support Team  
[@essexmhst\\_and\\_setcamhs](#)

[bit.ly/4jtb46c](https://bit.ly/4jtb46c)



**SIGN UP**

### Helping Neurodivergent Children and Young People with

Communication  
16th March 3:30pm

Meltdowns and Shutdowns  
17th March 3:30pm

Burnout and Masking  
18th March 3:30pm

Sensory Needs  
19th March 3:30pm



# FREE WEBINARS FOR PARENTS/ CARERS

of primary aged children to support with  
mental health and wellbeing

Provided by your Mental Health Support Team  
@EssexMHST\_and\_SETcamhs

[bit.ly/3MaR1wJ](https://bit.ly/3MaR1wJ)



## Coming up in March...

Understanding and Supporting  
Your Child with Fears and Worries  
9<sup>th</sup> March 7 pm

Understanding ADHD  
18<sup>th</sup> March 10 am



# FREE WEBINAR

## FOR PARENTS/ CARERS

of secondary aged children to support  
with mental health and wellbeing.

Provided by your Mental Health Support Team

@EssexMHST\_and\_SETcamhs

[bit.ly/4ozRciL](https://bit.ly/4ozRciL)



### Coming up in March

How to Support your Child  
Around Exam Anxiety  
3<sup>rd</sup> March 7 pm

Understanding Low Mood  
16<sup>th</sup> March 10 am



# FREE WEBINARS FOR EDUCATION STAFF

supporting you and your students'  
mental health and wellbeing

Provided by your Mental Health Support Team

@EssexMHST\_and\_SETcamhs

[bit.ly/4ryG6wY](https://bit.ly/4ryG6wY)



## Coming up in March...

Helping Neurodivergent  
Children and Young People  
with Sensory Needs  
3<sup>th</sup> March 3:30 pm

Talking to Parents About Mental  
Health and Wellbeing  
15<sup>th</sup> March 3:30 pm





# 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.

 [Listen to this newsletter](#)

## OPPORTUNITIES



MEI is an educational charity that provides educational support and tools to inspire and develop mathematical proficiency and foster opportunities for all. [Applications are currently open](#) for their free Preparing for the STEP student course, designed to help Year 13 students strengthen their problem-solving skills ahead of the STEP (Sixth Term Examination Paper), the admissions assessment used primarily by the University of Cambridge, the University of Warwick and Imperial College London.



Applications for the [Sutton Trust Summer Schools](#), aimed at Year 12 students from low socioeconomic backgrounds, are now open. The aim of the programme is to give you the chance to experience what university life is really like. Most applications close on 5 March. You may also be interested in other university summer schools, such as:

- [Bristol Virtual Summer School](#)
- [Access to Sheffield Summer School](#)
- [Newcastle Bitesize Uni](#)
- [Birmingham National Access Summer School](#)
- [Durham Space to Explore Potential Programme](#)



The [Exploring Law course](#) has been designed by the University of Cambridge Faculty of Law to give you a real taste of what studying law at university involves. The major ambition is to enable you to decide whether a law degree is right for you, as well as to help you develop understanding and skills that will assist you when applying to university and then starting out as a law student.



The [Big Work Experience Challenge](#) runs from January to April and gives you the chance to explore real work experience, build skills, and take steps towards your future. This year, there's an extra way to stay motivated: Rockets. Rockets are points you earn for meaningful activity on Springpod – and during February and March, earning Rockets can also unlock real prizes. This guide explains how the Challenge works, what Rockets are, how to earn them, and how rewards work.

## JOB OF THE WEEK



[Music  
Publisher](#)

A music publisher secures, manages, and exploits the copyrights of musical compositions, acting as a bridge between songwriters/composers and revenue sources. They promote songs for film/TV/ads, register works with collecting societies, and collect royalties. Key duties include creative A&R, copyright administration, and licensing to maximise income.

## LABOUR MARKET INFORMATION FACT

There were an estimated 2.4m creative industries jobs in the UK between April 2024 and March 2025, according to [data](#) published by the Department for Culture, Media and Sport (DCMS). Around 30% of creative industries jobs are self-employment.

[Source](#)

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



# CAREERS NEWSLETTER

## OPPORTUNITIES



Eric's Library of Creative Careers talks is now live! It provides hundreds of creative career talks for. Here are some videos you may find interesting...

Your Guide To Creative Apprenticeships: Creative apprenticeships are more than a pathway to a job, they're a launchpad for talent and real-world experience. This session with Access Industries breaks down what they are, who they're for, and the exciting opportunities they offer. Whether you're starting out or supporting others, you'll discover how to build in-demand skills while growing your creativity.



Apprenticeships on Trial: Join the ERIC team as they break down some commonly believed myths about apprenticeships - getting to the truth of what they're all about.



Career Journey: Our Fashion Apprenticeships at M&S: Alissa and Grace are apprentices at M&S, studying Fashion, Buying and Merchandising. They share how they found the apprenticeship, what the interview process was like, and what their day-to-day looks like. They also explain the benefits of apprenticeships and share honest, real advice to help you apply.



Career Journey: Backstage Theatre Apprentice at Disney: Hannah is a Technical Theatre Apprentice at Disney Theatrical Group. She shares why she chose an apprenticeship, what she enjoys most about the role, the challenges she's faced, and her top tips for anyone thinking about starting a career in theatre.



Common CV Mistakes that are Holding you Back: Keep getting rejected for apprenticeships, jobs or opportunities? Your CV might be holding you back at the first stage. Fiona, a qualified career coach, breaks down the most common CV mistakes and shows you simple fixes to improve your chances and get more interviews.



The Hiring Process: What To Expect Once You've Applied: Do you understand how employers hire? Once you do, it's much easier to stand out. Career coach Fiona explains what happens after you apply, how decisions get made, and what employers are really looking for, so you can use the process to your advantage and improve your chances.



## EMPLOYER SPOTLIGHT

"Our global team is made up of knowledgeable, passionate, and creative individuals. We strive to set WMG apart by embracing originality and innovation, while creating a nurturing environment for artists, songwriters, and the people behind the music – at every stage of their careers." You can [read more about careers at Warner Music Group here.](#)

## UNI SPOTLIGHT

"By studying at AUB, you'll join one of the UK's leading specialists in art, design, media and performance. A diverse, collaborative community, where we equip our students in joining the creative industries sector – the largest sector in terms of employment in 2025." You can [read more about the Arts University Bournemouth here.](#)

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