



Headteacher's Comment

Christmas is on its way and there's a lovely atmosphere around school. If you or your child need any support with festive arrangements, including participating in Christmas Jumper Day, please get in touch with the school. Christmas Jumper Day is a chance to get into the spirit and raise funds for Friends of Chase; we'd love everyone to join in if they can, and we're here to help if joining would cause any difficulty.

Our school choir is performing next week in a wonderful concert that introduces students to the world of orchestral music through the work of legendary film composer John Williams. Our pupils will be part of a massed choir of over 300 students from primary and secondary schools and will perform a medley from the film Home Alone.

#ProudtobeChase



Sixth Form Road Safety Workshop

On Thursday, our Sixth Form students took part in an impactful workshop delivered by Safe Essex, featuring live action performances and interactive discussion.

The session focused on road safety, highlighting the serious dangers of drink driving and drug driving, as well as the risks associated with giving lifts as a young driver. Students were encouraged to reflect on their responsibilities as new or future drivers and passengers, and to consider how their choices can impact both their own safety and that of others.



Year 11 Parents' Evening - Face to Face

We are holding our Year 11 Parents' Evening, in person, on Thursday 4 December 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 with appointments, please contact Mrs Westover on lee.westover@chasehigh.org

[Click here to book an appointment!](#)

Christmas Jumper Day – Wednesday 17 December

We will be holding a Christmas Jumper Day for all pupils and staff on Wednesday 17 December to raise money for our Friends of Chase. We would like everyone to take part, so please send your child to school on the day wearing a Christmas jumper or festive accessory. Pupils will still be required to wear their full school uniform and blazers should be worn over the Christmas jumper. A voluntary £1 will be collected at tutor time. Please click **HERE** to see a copy of the letter.



SPORTS ROUND UP!

This week, Chase High's Year 8 and 9 boys' athletics team travelled to Lee Valley to compete in the Indoor Athletics Cup. There are over 1000 schools in South East England and we are very proud to say that our pupils came 12th, qualifying for the final next Wednesday. At the final, the boys will be competing against some of the best schools in the country for athletics. The team consisted of Jack, Dexter, Emmanuel, Elliott, Amin, Max and Malachi. A special mention to Jack, who broke his own indoor school 300m and long jump record and Dexter who broke the record in the 800m. Malachi ran superbly to take almost 2 seconds of the Year 8 200m record. Good luck in the final next week boys!



There have been a number of fixtures over the last week. The Year 7 rugby team played very well at the county tournament, gaining valuable experience. The player of the tournament was Thomas. The Year 11 boys' basketball team narrowly lost to Southend High School for Boys B team and Nohmann was named the Player of the Match. The Year 7 football team played well against Southchurch High School but just missed out on penalties. Our Year 8 boys' basketball team played very well on Tuesday night, narrowly losing to Fitzwimarc School, Malachi was awarded Player of the Match. The Year 9 boys' basketball team lost to a strong New Hall team in the Essex Cup. The Player of the Match was Callum.



Our Year 11 boys' football team defeated Cecil Jones Academy 8-5, with Richard scoring a hat trick and winning Player of the Match. Our U15 girls' football team lost 3-1 to Shoebury High School in their first 11 a side game. The Player of the Match was Maggie.



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Chief Executive Officer: Mr R Duff

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Sixth Form Sexual Health Workshop

We were pleased to welcome Brook Southend to deliver an engaging and informative sexual health workshop for our Year 12 students. The session focused on helping students understand how to access appropriate sexual health support and services, as well as how to make informed and responsible choices about their health and wellbeing. The workshop supported our wider personal development programme and helped to equip students with the knowledge and confidence they need as they prepare for life beyond school.



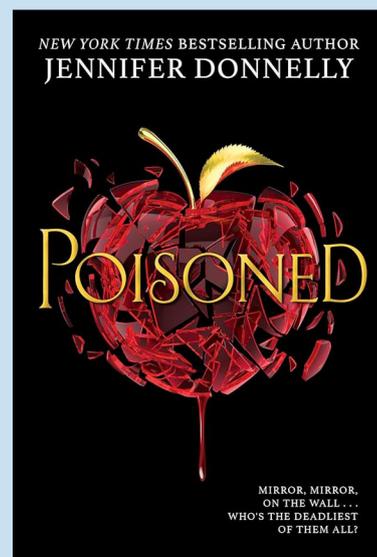
BOOK OF THE WEEK!

Poisoned by Jennifer Donnelly

Age recommendation: Perfect for KS4

Short synopsis: Beautiful Sophie is about to come of age and inherit her father's throne. But Sophie's stepmother wants rid of her - too weak and foolish to reign. And Sophie believes her, as she believes all the things that have been said about her - all the poisonous words people use to keep girls like her from becoming too powerful and too strong. When the huntsman carries out his orders of killing Sophie, she finds a fire burning inside her that will not be extinguished, and sets off to reclaim what was taken from her.

Why choose this book: This book would appeal to those who enjoy fairytale retellings that focus on the feminine strength of the main character.



Gifts or Hospitality from Pupils or Parents/Carers

As we approach the festive period, shops and supermarkets are likely to use this to promote the giving of token gifts to teachers to wish them a Merry Christmas etc. I must stress that this has never been and never will be expected by any member of Chase High School staff. However, if you or your child/ren would like to pass on wishes for the festive season in this way, please ensure that you refer to Section 10 of the Trust's Gifts and Hospitality Policy, available **HERE**, which details the monetary values that members of staff are allowed to accept from pupils and/or parents/carers.



Dates for your Diary:

01.12.25 Essex Music Christmas Concert

04.12.25 Year 11 Parents' Evening (Face to face)

08.12.25 – 12.12.25 Library Christmas Fayre

10.12.25/11.12.25 Panto – Peter Pan

17.12.25 Xmas Jumper Day/Christmas Dinner

19.12.25 End of Term - 12.45 Finish for pupils

05.01.26 INSET DAY



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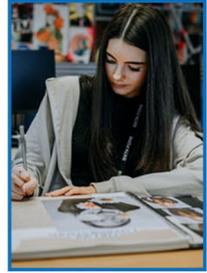
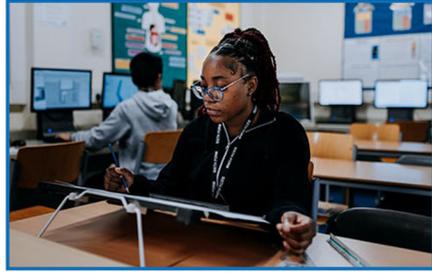


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CHASE HIGH SIXTH FORM

AMBITION - RESILIENCE - KINDNESS



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APPLY NOW!



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



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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



During this Future Forward: [Deutsche Bank Virtual Insight Evening](#), you'll hear directly from current apprentices about their experiences and day-to-day life at Deutsche Bank, and gain insider tips on how to make your application stand out. Whether you're exploring your options or ready to take your first step into the world of banking and technology, this event is your chance to learn from those who've been exactly where you are now. Taking place on Tue 2nd Dec from 5:30 - 6:30pm.



Curious about a future in Accounting and Finance? [Join this session](#) on Tue 9th Dec at 4pm as we introduce the subject, explore what it's all about and why it plays a vital role in today's world. Glimpse into life as a university student - from lectures and tutorials; how you're assessed to internships, study abroad, and future career paths.



On Wednesday 10th Dec from 5:30 - 6:30pm, join Pearson for an [interactive session](#) where you'll discover how to create a powerful personal brand and make a lasting impression online. Get insider tips from Pearson's Early Careers and Talent Team on how to strengthen your LinkedIn profile, grow your network, and showcase your skills to future employers.



Join Elis, commercial laundry services with UK-wide delivery, to understand the circular services and the principles that guide what they do. Learn about their development programmes, built to support emerging talent, foster long-term career growth and provide opportunities to those facing barriers. They'll also explain how collaboration with local organisations creates meaningful local impact, supports vulnerable people and creates opportunities. Taking place on 10th Dec from 2:00 - 3:00pm, [register here](#).



After deciding university wasn't for her, Emily, a Foundation Apprentice at Barclays, started her career journey on an Apprenticeship programme which allowed her to explore different industries (these are known as "rotations"), learn new skills and met a lot of supportive people. [Read her story here](#).

JOB OF THE WEEK



[Investment
Banker](#)

As an investment banker, you'll provide a range of financial services to companies, institutions and governments. You will help them achieve financial goals and implement long and short-term plans. You'll manage corporate, strategic and financial opportunities and you may also advise and lead management buyouts, raise capital and secure new deals.

LABOUR MARKET INFORMATION FACT

"When students first enter secondary school at age 11, their top three career ambitions are sports (29%), art/music (19%), and animal care (15%). By the time they reach GCSE year (age 16), the rankings have shifted, with health (16%) taking the top spot, followed by art/music (15%) and sport dropping into third place (13%). [Source](#)

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



CAREERS NEWSLETTER

OPPORTUNITIES

Join the Financial Conduct Authority (FCA) for an exclusive virtual insight event and discover how this powerful organisation protects millions of people – and billions of pounds – across the UK. Taking place on Monday 15th December from 6:00 - 7:00pm.

Real Talk with Real Graduates – Sheffield Business School... On Tuesday 2nd December from 4:30pm, you will get a chance to speak directly with graduates who've walked the path you're considering. Whether you're exploring business programs or already planning your application, this session will help you make informed decisions with confidence.

Barclays' Apprenticeships are a rare blend of opportunity: meaningful work, professional development, a good salary, and investment in your potential – all within a globally-respected financial organisation. Whatever your experience, whatever your age, it's a firm foundation for the career you want, with support to achieve what you're capable of. If you never imagined you could find success in a world-class bank, or you never thought apprenticeships could be the start of something big, it's time to think differently.

Listen to this recording to hear more about Baillie Gifford's Investment Research programme. You'll hear from our current trainees and managers about the structure of the programme, and hear advice on the application process and training opportunities.

Interested in working in finance, specifically within the investment bank, but not sure where to start? Are you excited by supporting multiple businesses on a global level? UBS are looking for ambitious students to join our 2026 Apprenticeship Program within our Investment Bank Chief Operating Office business. Find out more.

Ever wondered what it's really like to work in accountancy? This Virtual Work Experience with Price Bailey will give you a behind-the-scenes look at one of the UK's leading accountancy and business advisory firms.

EMPLOYER SPOTLIGHT

"Whether you're leaving school after your GCSEs or you've got a degree, at Deloitte we have a wide range of career options for you! Our exciting programmes are designed to help you learn on the job, gaining new skills and qualifications along the way. As well as growth opportunities, we'll encourage you to explore your chosen business area as much as possible, so you can steer your career in the direction you want."

Find out more here.

UNI SPOTLIGHT

"The London School of Economics and Political Science (LSE) is a world-leading university, specialising in social sciences. LSE was awarded University of the Year 2025 and ranked top in the UK for 2025 and 2026 by the Times and Sunday Times Good University Guide. Based in the heart of London, we are a global community of people and ideas that transform the world." Read more here.

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

FREE PARENT WEBINARS

for supporting your secondary aged
child with mental health and wellbeing

Provided by your Mental Health Support Team

@set_camhs_nhs

SIGN-UP
HERE



Do you want help supporting your child?
We offer a variety of online workshops to
help you to support your child.

Coming up in December, we have:

Understanding Autism
1st December 10am



This workshop is designed to provide advice & support to parents of children in secondary school who would like to know more about autism. Parents will be given practical ways of tuning into your child's behaviour.

Understanding Low Mood
17th December 7pm



Learn how low mood develops in teens, its cycle and discover ways to support your child.



FREE STAFF WEBINARS

supporting you and your students'
mental health and wellbeing

Provided by your Mental Health Support Team

@set_camhs_nhs

SIGN-UP
HERE



We offer a variety of online workshops to help you and your students.

Coming up in December, we have:

- ✓ **Understanding and supporting with low mood**
8th December 3:30pm
Understand low mood in young people and gain practical tools to support emotional wellbeing and learning in your classroom.
- ✓ **Distress Tolerance and Emotional Regulation**
9th December 3:30pm
Learn strategies to regulate your emotions, stay calm in challenging situations & model resilience to support students & your own wellbeing
- ✓ **Managing distress with grounding techniques**
17th December 3:30pm
Build confidence in managing distress with grounding techniques - discover what works, why, and when to use each strategy.



What Parents & Educators Need to Know about

TIKTOK

AGE RESTRICTION
13+

(Certain features are restricted to over-18s only)

WHAT ARE THE RISKS?

Online videos are often associated with apps such as YouTube, but among teens, TikTok is king. The app provides a potentially addictive, never-ending stream of short clips tailored to users' interests based on their viewing habits. Around half of British children use TikTok, and while most content is benign, Ofcom considers it the app where young people are "most likely to encounter a potential harm".

AGE-INAPPROPRIATE CONTENT

TikTok's Following Feed shows videos from known creators, while the default For You Feed serves endless clips based on viewing history. Most are harmless, but unsuitable content can still appear, and watching for long enough signals interest to the algorithm. Although TikTok bans illegal or inappropriate uploads, the volume of posts means some slip through, increasing the chance that children encounter age-inappropriate material before it is detected or removed.

BODY IMAGE AND DANGEROUS CHALLENGES

Ofcom reports that most online harms for girls involve body image, while boys more often see dangerous stunts. Both types appear frequently on TikTok and spread quickly through its engagement-driven algorithm. Harmful challenges have included the "blackout" trend, where users held their breath until passing out. Families filed lawsuits after children died linked to the trend, showing how extreme or risky content can rapidly reach young people and negatively influence them.

IN-APP SPENDING

TikTok is free, but children can still spend money. TikTok coins, costing £9.99 to £224.99, let users buy gifts for creators. TikTok Shop adds risk by allowing purchases from influencers or companies, sometimes leading to poor-quality items driven by persuasive marketing. A Canadian investigation found TikTok collected personal data from many children for targeting and advertising despite age limits, meaning young users may lose control over their personal information.

CONTACT WITH STRANGERS

Between 1.6 and 1.9 billion people use TikTok, meaning there's a high risk of unwanted attention from strangers. Accounts created by over-16s (or young people using a fake date of birth) are set to public view by default. This means that not only is someone's profile visible to everyone else on the app, it also suggests their videos to others and allows anyone to download or comment on them.

MISINFORMATION AND RADICALISATION

TikTok's short videos may appear lighthearted, but they can expose young people to harmful ideas. Misinformation is common, and Ofcom reports that nearly one third of 12-15-year-olds use TikTok as a news source, increasing the chance of seeing racist, misogynistic, extremist or conspiracy material. Even brief clips can influence impressionable users and shape their worldview, making discussions about critical thinking, propaganda and online influence especially important for parents and educators.

ADDICTIVE DESIGN

TikTok's fast-paced stream of eye-catching videos can be potentially addictive for young users. In 2024, UK children spent an average of 127 minutes per day on the platform, double the time recorded in 2020. Excessive use can disrupt sleep, increase irritability, and distract from healthier activities. Constantly skipping between short clips may also affect attention span, making it harder to focus on longer tasks such as homework or reading.

Advice for Parents & Educators

ENABLE FAMILY PAIRING

Family Pairing allows parents to link their TikTok account to their child's in order to manage settings remotely. Parents can then turn on Restricted Mode (reducing the chances of a child seeing inappropriate content), set screen time limits, make accounts private and manage whether their child can send messages – and if they can, to whom. Children cannot alter these settings without parental approval.

DISCUSS THE DANGERS

If a child wants to use TikTok and you're happy for them to do so, it's good practice to discuss the potential risks. Ensure they don't share any identifying personal information or respond to dangerous trends, and that they know to talk to a trusted adult if they're worried by interactions on the app. With more teens using TikTok for news, it's important to talk about misinformation and propaganda.

BLOCK IN-APP SPENDING

Parents can restrict in-app purchases on iPhone and Android devices to prevent accidental or impulsive TikTok spending. Young people can easily spend large amounts on TikTok coins or low-quality products promoted through TikTok Shop. If a disappointing purchase occurs, turn it into a discussion about influencer marketing and how online promotions can be misleading.

READ THE SIGNS

If you're concerned that a child is spending too much time on TikTok, or that they've been emotionally affected by something they've seen, it's important to know how to spot the signs. Increased irritability and a lack of concentration are potential red flags, as is failing to complete homework or skipping meals. Remember, the parental controls are there for a reason, and it's never too late to introduce limits.

Meet Our Expert

Alan Martin is an experienced technology journalist who has written for the likes of Wired, TechRadar, Tom's Guide, The Evening Standard and The New Statesman.



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FREE STUDENT WEBINARS

for supporting you with your mental health and wellbeing

Provided by your Mental Health Support Team

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Do you want help or support with your mental health and wellbeing?
Coming up in December, we have:



Understanding Anxiety

This workshop helps 16–18 year olds understand anxiety, including how to identify its symptoms. You will gain practical tools to support your emotional wellbeing. The session also introduces practical coping tools and grounding techniques to reduce stress and build resilience, helping you feel more in control and confident in managing everyday challenges.

Choose from one of the times below:

Monday 8th December 1pm,
Wednesday 10th December 9:30am
Thursday 11th December 4pm

