



Headteacher's Comment:

Today, we welcomed David Burton-Sampson MP to Chase High School for a tour and the opportunity to meet some of our pupils. He participated in a question-and-answer session with our Junior Leadership Team, Executive Team, and Year 13 Politics students. David was keen to express his admiration for the pupils and the way in which they had prepared for his visit, as well as the warm and kind greeting he received from them and everyone else at the school. He described Chase as a "calm and orderly school."

In other news, if you are interested in supporting Chase on its journey of excellence and would like to join our governing body, please email an expression of interest to samantha.walton@chasehigh.org.



Book of the Week!

This week's book recommendation:

A Christmas Carol (Easy Classics)

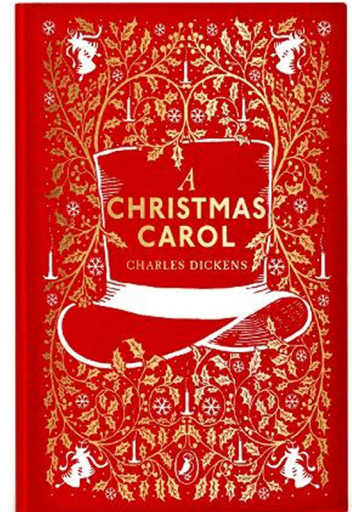
Age recommendation: 9-13

Short synopsis: When three ghosts turn up to take him on an adventure through time, Scrooge soon learns that being cold isn't cool. Can he change his ways before it's too late?

Pupil Review:

"It has a shocking twist, which is always good in a book. It makes you reflect about all the bad deeds you've done in your life and how you can be a better person. It gives you a warm, fuzzy feeling at the end like you're by a warm fire."

- Evelyn, Year 7.



Year 12 Houses of Parliament Trip:

On Monday, students from Mr Mustafa's Government and Politics and History A-Level classes visited London, where they explored the Bank of England Museum, had a guided tour of Parliament, saw live debates in both the Houses of Commons and Lords and met local MP David Burton-Sampson. The Aim of the trip was for students to gain an understanding of the political and historical importance of Parliament and how both the UK Parliament and the Bank of England operate.



INSET Day – Monday 24 February 2025:

There will be an extra INSET day taking place on Monday 24 February 2025. This day is dedicated to ongoing staff training and development aimed at further improving teaching and learning. This means the school will be closed to all pupils for the half term break from Monday 17 February 2025 until Monday 24 February 2025 inclusive. Pupils should return to school on Tuesday 25 February 2025. We appreciate your understanding and support as we strive to provide the best learning environment to our pupils. A letter has been sent home via email.



Attendance Reward Trip:

On Wednesday, Sixth Form students with outstanding attendance visited the Toby Carvery for a hearty cooked breakfast. This was to reward them for their commitment to their learning and attending school everyday.



Sport Round Up:

Congratulations to our U15 basketball girls who won 38-25 against Westcliff High School.

The following practice is cancelled next week:
Thursday- Year 8 football after school



Dates for your Diary:

- 05.02.25 Year 7 Take your child to work day/Year 9 Motivational Speaker/ Somme Information Evening 18.00 – 19.00
- 06.02.25 Year 13 Parents' Evening
- 17.02.25 – 21.02.25 Half Term
- 24.02.25 INSET Day – School closed for pupils
- 25.02.25 Pupils return to school on a week 1 timetable.



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10 Top Tips for Parents and Educators

SUPPORTING CHILDREN TO DEVELOP EMOTIONAL LITERACY

Emotional literacy refers to the ability to recognise, understand and express our feelings effectively. It plays a crucial role in strengthening a child's wellbeing by enhancing their relationships and resilience. However, emotional literacy is not necessarily an innate talent, and its development may present challenges. This guide gives parents and educators practical tips on supporting children to cultivate this essential skill.

1 NAME THE EMOTION

Encourage children to identify and name their emotions. This helps them understand what they're feeling and why. Use simple language and relatable examples to make it easier for them to share their emotions. This builds a foundation for emotional understanding and open communication.



2 MODEL EMOTIONAL EXPRESSION

Demonstrate healthy emotional expression by sharing your feelings visibly. When children see adults properly displaying how they're doing and what they're thinking, they learn to do the same. Discuss how you handle emotions in different circumstances, providing a real-life framework for young ones to follow.



3 MINDFULNESS ACTIVITIES

Teach children mindfulness practices to help them stay present and manage their emotions during more challenging moments. Activities like deep breathing, meditation or yoga can reduce stress and enhance emotional regulation. Regular practice can improve focus and emotional stability, which can significantly help children both as they're growing up and throughout their adult life.



4 USE STORYTELLING

Incorporate storytelling to help children understand emotions. Stories can offer relevant scenarios illustrating how the characters experience and manage their feelings. Discuss the emotions depicted in stories and ask children how they might feel in similar situations.



5 PRACTISE EMPATHY

Teach children to consider others' views and emotions – and to explore why they might think or feel this way. Role-playing and discussing various scenarios can enhance their ability to empathise. Understanding others' emotions helps children to develop compassion and improves their social interactions.



6 ENCOURAGE JOURNALING

Suggest keeping a journal to make note of thoughts and emotions, as writing can provide an outlet for self-reflection and emotional processing. Encourage children to write about their daily experiences and feelings, helping them gain insight into their emotional world. Do this alongside them, so they can see and experience how to do it effectively.



7 TEACH PROBLEM-SOLVING

Do what you can to help children develop problem-solving skills to assist in managing emotional challenges. Discuss potential solutions to emotional conflicts and encourage them to think critically about what they (and others) can do to process their feelings in a healthy way. This empowers children to handle emotions positively and build resilience.



8 CREATE A SAFE SPACE

Establish an environment where children feel safe to display their emotions without judgement. Encourage open exchanges and reassure them that all feelings are valid. This supportive atmosphere promotes trust and encourages children to express themselves with confidence.



9 USE VISUAL AIDS

Take advantage of visual aids like emotion charts or mood meters to help children identify and express their feelings. Use these tools regularly in your interactions. They provide a visual representation of emotions, making it easier for children to communicate their emotional state.



10 CELEBRATE EMOTIONAL GROWTH

Acknowledge and celebrate progress in emotional literacy, and praise children for expressing their emotions and handling them effectively. Positive reinforcement is a useful tool that will encourage continued growth and reinforces the importance of emotional literacy – encouraging young people to maintain the good habits and healthy behaviours that you've taught them.



Meet Our Expert

Adam Gillett is Associate Vice-Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, an organisation that supports schools in improving their mental health provision.



#WakeUpWednesday

The National College