



Headteacher's Comment

Ambition, Resilience and Kindness, the values at Chase High School that are not just a poster, they are a lived, every day by all of our community. This has been recognised by staff, pupils and visitors and I am incredibly proud of the continued drive for excellence being displayed by all. I look forward to welcoming you on Tuesday 11 November at 17:00 in the main hall where I, and my senior team will give you an update on the progress made at Chase in the past 12 months. If you have any questions, please email chasehigh.school@chasehigh.org by Monday 10 November.

I am also asking that you complete our parent/carer survey so that we can continue to respond to your suggestions.

#ProudtobeChase



Year 10 Parents' Evening

We are holding our Year 10 Parents' Evening online on Thursday 20 November 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 Lucas on karen.lucas@chasehigh.org

Click here to book now!



Parent Survey – Prize Draw

At Chase High School, we are always looking for ways to strengthen our partnership with families and make school events as helpful and accessible as possible and would appreciate it if you could take a few minutes to share your views.

As a thank you for your time, every family who completes the survey will be entered into a free prize draw for a £50 Amazon voucher. Please just scan the QR code to get started.

Closing date for submissions is Wednesday 12 November at 17.00.

We look forward to reading all of your feedback.



Firework Safety Assembly

This week, representatives from the Essex County Fire and Rescue Service visited assemblies to educate pupils in years 7-11 about firework safety and the importance of taking extra caution to prevent accidents or injuries at this time of year.



SPORTS ROUND UP!

- The Year 10 boys basketball team produced a battling display against two of the best schools in Essex in Eastwood and Shenfield this week. Emmanuel and Connor received Player of the Match.
- Our boys Sixth Form basketball team had an excellent performance on Wednesday beating Ormiston 1-0. Our Year 7 boys basketball team had their first ever basketball match at William De Ferrers. The Player of the Match was awarded to Keyan.
- The Year 9 boys had two rugby matches this week. They beat Cecil Jones with Emmanuel being the player of the match. Their second game was against Sandon with Alex being awarded The Player of the Match.
- The Year 7 boys a and b football teams played well against Thorpe Hall on Thursday evening. Edward and Jenson received Player of the Match.
- Our Year 10 girls netball team produced a battling performance against St Bernard's. Our Year 9 netball team also played at St Bernard's, with The Player of the Match being awarded to Tiggy and Sahara.



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Winter PE Kit

As we approach the colder months, please can you provide your child with suitable PE kit to ensure they stay warm when we have no choice but to go outside. As part of the PE kit uniform, pupils are permitted to wear the following additional clothing to keep them warmer:

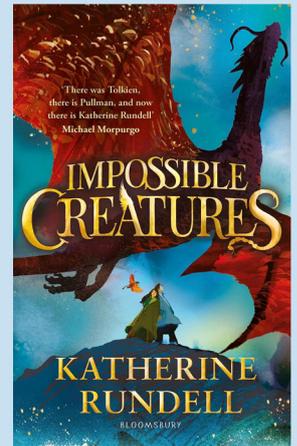
- Plain black/navy tracksuit bottoms (these can be purchased from any shop and do not need to be Chase branded)
- Plain long sleeved thermal/normal long-sleeved top that is black/white/navy (they can wear as many of these as necessary under their PE T-Shirts)
- Chase High Hoody (this is the only hoody allowed)
- Chase High Fleece or Chase High ¼ zip

BOOK OF THE WEEK!

Impossible Creatures by Katherine Rundell

Age recommendation: Perfect for all ages

Short synopsis: The day Christopher saved a drowning baby griffin from a hidden lake would change his life forever. It's the day he learned about the Archipelago, a cluster of unmapped islands where magical creatures of every kind have thrived for thousands of years—until now. And it's the day he met Mal, a girl on the run who desperately needs his help.



Why choose this book: This book was the Waterstones Book of the Year 2023

"There was Tolkien, there is Pullman and now there is Katherine Rundell. Wondrous invention, marvellous writing. This book is her best yet, and that's saying something. Just riveting, quite extraordinary." - Michael Morpurgo



Dates for your Diary:

10.11.05 Prince Charming Workshop

11.11.25 Remembrance Event /
Parent Ofsted Feedback 17.00-18.00

12.11.25 Poet Visit

19.11.25 Lion King Trip

20.11.25 Year 10 Parents' Evening

05.01.26 INSET DAY



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10 Top Tips for Parents and Educators

GUIDING YOUNG VOICES TO MAKE A DIFFERENCE

Bullying impacts the lives of many young people. In the UK, one in five pupils aged 10 to 15 report being bullied. The effects can be long lasting, affecting mental health, school attendance and self-esteem, and can impact long-term development into adult life. Adults play a key role in building young people's confidence to speak out, support one another, and stand up to unkind behaviour. This guide offers ways to help youngsters make a positive difference.

1 CELEBRATE DIFFERENCES



Help young people value diversity by showing that what makes us different is also what makes us strong. Encourage them to learn about different cultures, identities, and abilities through books, films, and conversations. By appreciating uniqueness in themselves and others, children can grow into open-minded individuals who build inclusive and welcoming environments.

2 MODEL RESPECT

Children watch and learn from how adults behave. Use respectful language, show patience in disagreements, and treat others with fairness – especially in front of children. By modelling inclusive behaviour and challenging unkindness, adults set a lasting example that respect should be part of every interaction, whether online, at school, or at home. Be the change you want to make.

3 SPOT THE SIGNS



Adults and young people should learn how to recognise signs that someone may be experiencing bullying. This might include withdrawal from friends, hobbies or interests, changes in mood, reluctance to go to school, or unusual injuries. Helping young people recognise these clues ensures that support can be offered sooner and problems do not go unnoticed.

4 VALIDATE FEELINGS



When a child shares something that worries them, it's important to listen carefully and validate how they feel. Respond with empathy – not judgement – and let them know it's okay to feel upset or confused. Offering reassurance and understanding helps young people feel safe about opening up, and builds the trust needed to talk again in future.

5 TEACH ALLYSHIP



Show children how to stand up for others in safe, respectful ways. Allyship might look like sitting next to someone who's been excluded, reporting hurtful behaviour, or speaking up when they witness bullying. By practising these responses together, you're helping children develop the courage to be kind and to take action when it really counts.

6 PROMOTE REPORTING



Ensure young people know how to report bullying and feel confident that they'll be taken seriously. Talk to them about who they can speak to and what to expect when they do, such as reporting school incidents to teachers, and out-of-school bullying to parents or teachers. Reassure them that reporting is a brave and helpful choice – not tattling – and that it plays a vital role in keeping everyone safe.

7 ENCOURAGE KINDNESS



Everyday acts of kindness can make a big difference in creating safer, happier spaces. Encourage children to look out for one another by being helpful, saying kind words, or including someone who feels left out. These small actions set a strong example that kindness matters, and that it can be a powerful response to bullying.

8 USE YOUR VOICE



Encourage young people to speak up for themselves and others. Whether through storytelling, school campaigns, or peer-led projects, children can learn that their voice has power. Support them to express themselves confidently and safely, helping them understand that sharing experiences can challenge injustice and inspire real change in their communities.

9 BUILD COMMUNITY AND BELONGING



Children thrive when they feel supported. Help them build strong friendships, join clubs or teams, and connect with trusted adults who care. These networks offer comfort, encouragement, and protection – particularly during challenging times. Remind children that they don't have to face difficulties alone and that support is always within reach.

10 SUSTAIN THE CONVERSATION



Bullying awareness shouldn't be limited to one week each year. Create regular opportunities to talk about kindness, respect, and inclusion. Use books, news stories, and personal experiences as conversation starters. Embed anti-bullying initiatives into the school, and make tackling bullying a shared, ongoing commitment.

Meet Our Expert

Robert Allsop is an experienced pastoral and safeguarding practitioner, specialising in tutorials, behaviour interventions, and attendance management. A recipient of the Diana Award for Anti-Bullying, he has helped raise standards and improve Ofsted outcomes in some of the country's most challenging schools and colleges.



#WakeUpWednesday

The National College

See full reference list on our website.

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CHASE HIGH PE DEPARTMENT EXTRA-CURRICULAR TIMETABLE

2nd HALF AUTUMN TERM 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Before School 7.30am-8.10am	<p>Basketball Year 10/11 Boys Mr Copsey/Mr Biggie</p> <p>Netball Year 10 & 11 Girls Miss Thompson</p>	<p>Cross Country All Years Boys & Girls Mr Copsey</p> <p>Netball Year 7 & 8 Girls Mrs Lane</p> <p>Basketball (upper gym) Year 9 Boys Mr Sturge</p>	<p>Football Year 8 & 9 Boys Mr Sturge</p> <p>Basketball Year 7 & 8 Boys Mr Gridley/Mr Howe</p> <p>Trampolining All Years Boys & Girls Miss Thompson</p>	<p>Basketball Year 7 & 8 Girls Mrs Lane/Miss Mayes</p> <p>Cross Country All Years Boys & Girls Mr Howe</p> <p>Badminton All Years Boys & Girls Mr Biggie</p>	<p>ESA Training Invite Only (Miss Mayes)</p>
Lunchtime 1.25pm-1.50pm	<p>Badminton All Years Boys & Girls Mr Biggie</p>	<p>Basketball All Years Boys & Girls Mr Copsey</p>	<p>Badminton All Years Boys & Girls Mr Biggie</p>	<p>Basketball All Years Boys & Girls Mr Copsey</p>	<p>Basketball All Years Boys & Girls Mr Copsey</p>
After School 3.15pm – 4.15pm	<p>Staff Meetings</p> <p>Football Year 10 & 11 Boys Chelsea Coach</p> <p>Football Year 10 & 11 Girls Chelsea Coach</p>	<p>Rugby All Years Girls Miss Mayes</p> <p>Basketball Year 9, 10 & 11 Girls Miss Thompson/Mrs Lane</p> <p>Basketball (upper gym) Year 9 Boys Mr Sturge</p> <p>Rugby Year 7 & 8 Boys Mr Gridley/Mr Howe</p> <p>Year 11 Intervention Miss Mayes/Mr Biggie</p>	<p>Football Year 9 Boys Mr Sturge</p> <p>Football Year 8 Boys Mr Biggie/Mr Howe</p> <p>Rugby Year 10 Boys Mr Copsey</p> <p>Basketball Year 7 & 8 Girls Miss Mayes/Mrs Lane</p>	<p>Football Year 10 Boys Mr Copsey</p> <p>Netball Year 7, 8 & 9 Mrs Lane/Miss Mayes</p> <p>Basketball Year 7 & 8 Boys Mr Gridley/Mr Howe</p>	<p>Football All Years Girls Miss Mayes</p> <p>Football Year 7 Boys Mr Gridley/Mr Adekola</p> <p>Netball Year 10 & 11 Girls Miss Thompson</p> <p>Basketball (upper gym) Year 10 & 11 Boys Mr Copsey/Mr Biggie</p>



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



Behind the Badge: The Modern Police Officer's Role - Free Online Policing Taster Session from University of Bangor. This event takes place 16th November 11:00 - 12:00, exploring the modern role of the British police officer and key frontline specialisms, including Community Policing and Roads Policing. Register [here](#).



Politics and International Relations: UN Writing Competition! Choose one of the United Nations Sustainable Development Goals (SDGs) and submit a 350-400 word piece on its significance. Explore the challenge it addresses and potential solutions at local, national, or global levels, demonstrating your critical thinking and understanding of key issues. [Join the challenge](#).



University of Law virtual Criminal Investigation Day: The Anna Delvey Case. On November 12th, 16:00-17:30 [join this webinar](#) to gain hands-on experience dissecting the psychology, criminology, and legal strategies behind the case, whilst sharpening your analytical and problem-solving skills.



At the LawCareersNetLIVE event on 29 November 2024, the panel of trainee solicitors provided insights into their experiences of the law firm application process, what being a trainee is really like and their advice for prospective candidates. [Watch here](#).



If you're interested in a potential future career as a Lawyer, but don't know where to start, The Beginner's Guide to a Career in Law is for you. [Read this guide](#) for information about working in the Law industry.



[On this page](#) are profiles of more than 40 solicitors at different law firms, designed to give you a sense of how they got there, what the working day looks like and the advice they have to offer. Read how they made the transition from student to qualified lawyer.

JOB OF THE WEEK



[Barrister](#)

Barristers are generally hired by solicitors to represent a case in court and only become involved once advocacy before a court is needed.

As a barrister, you'll plead the case on behalf of your client and their solicitor. Members of the public can also go directly to a barrister to ask for advice and representation in court.

LABOUR MARKET INFORMATION FACT

"According to the most recent figures from the Department for Education, 41% of care leavers aged between 19 and 21 are not in education, employment or training (NEET). This is considerably higher than among young people in general; 12% of those aged 18 to 24 are NEET."

[Source](#)

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



CAREERS NEWSLETTER

OPPORTUNITIES

 The theme for this year's National Care Leavers' Month is: Rising as Me: Overcoming challenges, transforming, and finding your identity. Check out events happening so far [here](#).

 Workshop for care-experienced young people aged 16+: Your Rights, Your Voice, Your Future. [Book now](#) for this free 1-hour online workshop on Wednesday 12th November.

 Explore 1,600+ Higher and Degree apprenticeship vacancies in the October 2025 edition of the Higher and Degree listing. [Discover](#) vacancy details from over 50 employers, including locations, salary information, close dates and direct application links.

 [Join EDF](#) on November 17th, 16:00 - 17:00 to hear from the Early Careers team at EDF to learn more about their amazing apprenticeship opportunities and the exciting range of vacancies available, which open for applications on Monday 26th January 2026.

 [Day of Wrk](#) was created to show what people actually do for their jobs through authentic day-in-the-life stories, all housed in one place which will aim to give you a more detailed understanding of what a job actually entails, and have the confidence to apply.

 Join us on Thursday 27th November at 10:00, for a one-hour interactive webinar where you'll hear directly from an expert at Tata Consultancy Services (TCS), one of the world's leading technology companies. They'll share how cyber specialists defend against attacks, look at defence in depth and how TCS keeps its customers safe in a digital world.

 Many job adverts will request that you submit a CV as part of the application process. Having a CV ready that can be quickly updated is important for any new job seeker. [This guide](#) will get you started.

 Did you know that there are specialist job boards for lots of different industries? For example, [Hitmarker](#) is the largest gaming and esports jobs platform in the world. To find them search the name of the industry you're interested in followed by "job board".

EMPLOYER SPOTLIGHT

There are different pathways to qualification as a solicitor at Bird & Bird. Whether you're finishing school or college, commencing a university degree, or considering changing to a career in law, we have opportunities for you. From workshops, panel discussions and law fairs, to online work experience and open days, there's so much to discover at Bird & Bird.

Find out more [here](#).

UNI SPOTLIGHT

"More law students have chosen The University of Law than any other UK university in 2023. At the University, we go beyond academic excellence. Our guiding principle is that our students are taught in a realistic, professional and contemporary context, with plenty of practical interactive engagement and one-to-one teaching and support."

Read more about the University of Law [here](#).

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