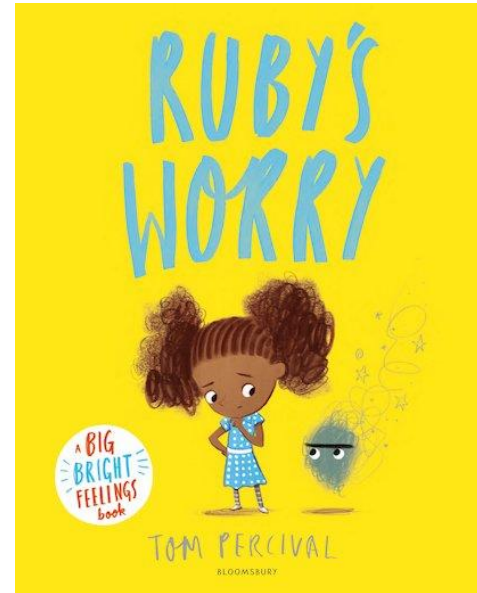




Headteacher's Comment

My book of the week is *Ruby's Worry* by Tom Percival. You might be surprised by that choice, but the reason is simple, my daughter started Reception three weeks ago, and since then her school books have become the cornerstone of her bedtime routine.

Reading with her has reminded me just how important those shared moments can be. At four (nearly 5 as she often tells me) years old, that might mean sitting together with a picture book, talking about the characters, asking questions and enjoying the story together. Our pupils at Chase are, of course, older, but the principle is still very much the same.



Reading should not simply be something children do at school. Parents and carers can play a really important role in helping young people develop a love of reading at home too. That does not mean asking a teenager to sit and read aloud every evening. It can be as simple as asking what they are reading, talking about a book, article or story they have enjoyed, visiting the library together, listening to an audiobook, or simply spending ten minutes reading alongside one another.

Young people are also much more likely to see reading as something valuable when they see the adults around them reading too.

At Chase, we want our pupils to be **ambitious**, **resilient** and **kind**, and reading can support all three. It can broaden horizons, introduce us to different experiences and viewpoints, develop vocabulary and knowledge, and help us better understand the world and the people around us.

So, this week, I would encourage all of our families to find a little time to read together, talk about what you are reading, or perhaps recommend a book to one another.

It is never too early, and never too late, to develop a love of reading. **#ProudToBeChase**



SEND Coffee Morning

We would like to host a coffee morning with parents of our SEND pupils but want to ensure this would be of benefit. To have your say, we would be very grateful if you could complete the attached anonymous form by 12.00 pm on Friday 9 October 2026.

Link to complete: [SEND Coffee Morning – Fill out form](#)





Student Voice

The Student Voice has been visiting assemblies throughout this week. During the assemblies, pupils have explored the role of a prefect, including the responsibilities involved and how they can aspire to become prefects in the future. Members of the Junior Leadership Team (JLT) gave a talk about how all pupils' voices can be heard in the school community and beyond and how pupils can have a role within that process.



Flu Vaccinations

The Essex Immunisation Team will be in school on **Monday 5 October** to administer the flu vaccination for pupils in years 7-11. The Essex Immunisation Team are contacting parents/carers directly via email for consent or you can consent by clicking the following link:

<https://www.manage-vaccinations-in-schools.nhs.uk/consents/vykcvc0cknJ/flu/start>

Vaccinating your child against flu helps reduce the risk of serious illness and plays an important role in protecting vulnerable individuals in your community, friends and family.

C2C Rail Safety Awareness Video

C2C have released a video designed to raise awareness of key safety issues that young people may encounter when travelling on the railway, including staying safe at stations and level crossings, understanding the dangers of trespassing on the railway, anti-social behaviour and its consequences, personal safety whilst travelling and how to seek help and report concerns.

The short, practical guide covers everything from buying tickets and finding the right platform to keeping children safe. Travelling by train can feel daunting. This video gives pupils the knowledge to make it a smooth and enjoyable experience.

The video is available to watch online here:

<https://youtu.be/Uby5EMaywJs?si=6Dy9l4xWBh8lW8t>



Pre-loved Uniform

If you have any school uniform that your children have outgrown, or no longer need, we would be incredibly grateful if you could consider donating them to our pre loved shop. All proceeds from the sales will go directly back into supporting school programmes and activities. You can drop any donations to the main school office during school hours. Thank you in advance for your generosity and support.



SPORT ROUND UP!



Our Sixth Form football team defeated Southend High School for Boys B team 4-0 on Wednesday. Players of the match were Jake and Zion.

Our Year 8 Boys' rugby team played at Cecil Jones on Wednesday evening. The boys played very well, with a couple of injuries preventing them from getting the victory. The player of the match was Keyan.

Well done to our Year 10 football team who played well in a close defeat to Thorpe Hall.

Last weekend Fejiro, in Year 11, represented Essex at the National Combined Events Championships in Bedford. He performed beyond expectation, achieving a personal best in 6 out of the 8 events. This included breaking his own school record in the hurdles. He also set a personal best for overall points with 3868.

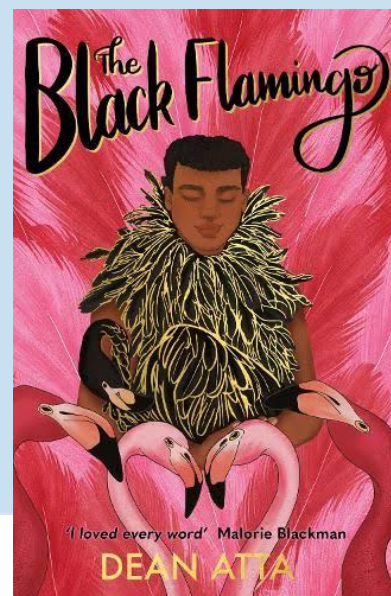
This was an outcome of a considerable amount of hard work in training for these 8 events, so well done Fejiro! Fejiro also significantly contributed to Essex winning the bronze medal in the team event!



BOOK OF THE WEEK!

The Black Flamingo by Dean Atta

A powerful coming-of-age novel in verse that follows Michael, a mixed-race teenager growing up in London as he explores his identity, sexuality and place in the world. As Michael moves through school and university, he begins to understand and embrace his identity as a gay man and discovers the confidence to express himself through drag, eventually creating his drag persona, the Black Flamingo. Along the way, he faces prejudice, friendship struggles, family expectations and the challenges of finding where he belongs. **Perfect for KS4**



Dates for your Diary

05.10.26 - Flu Vaccinations

08.10.26 – P16 Open Evening



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



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



[@chasehighschool](https://twitter.com/chasehighschool)

Working on behalf of



Vaccination UK

Annual flu vaccination for child's first name

We're coming to school name on session dates to give pupils their annual flu vaccination.

We would like your consent to vaccinate child's first name. You can respond by filling in our online form.

Do not reply to this email to tell us your decision. The link to the online consent form is below.

About the children's flu vaccine

The vaccine protects against flu, which can cause serious health problems such as bronchitis and pneumonia. It is recommended for children from Reception to Year 11 every year.

[Find out more about the children's flu vaccine on NHS.UK](#)

You can also find a range of [information resources about the vaccine on GOV.UK](#), including in other languages.

How the vaccine is given

Most children are given the vaccine as a nasal spray. This is a quick and painless spray up the nose and offers the best protection against flu.

The nasal spray contains a small amount of gelatine derived from pigs (porcine gelatine). If your child does not use gelatine products, or cannot have the nasal spray for medical reasons, you can choose an alternative injected vaccine that has no gelatine or any other animal product. You can request this in the consent form.

[Find out more about the use of gelatine in the flu vaccine \(including the views of faith communities\)](#)

Talk to your child about what they want

We suggest you talk to your child about the vaccination before you respond to us. Young people have the right to refuse vaccinations. They also have [the right to consent to their](#)

[own vaccinations](#) if they show they fully understand what's involved. Our team might give young people this opportunity if they assess them as suitably competent.

How to respond

It's important to let us know whether you do or do not want your child to have the vaccination. It will take less than 5 minutes to respond using the link below.

**[Give or refuse consent for your child's flu vaccination –
Give or refuse consent for vaccinations](#)**

If you do not respond, you'll get automatic reminders. Responding will stop reminders.

If you cannot use the online form, you can respond over the phone using the contact details below. Replies to this email cannot be accepted as consent.

Other vaccinations

If your child is also due an MMR or MMRV vaccination, the vaccination team may contact you for consent.

Your data

By responding, you're agreeing to your data being processed as set out in our privacy notice: [team privacy notice link](#).

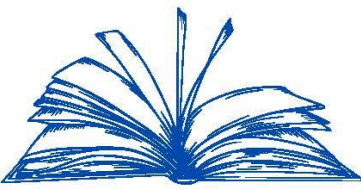
Contact us

Speak to a member of our team by calling team phone or email

Essex Team

E-mail: essex@v-uk.co.uk

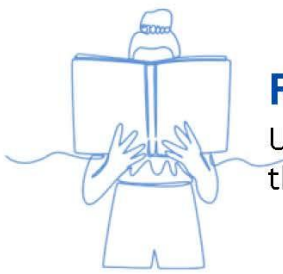
Phone: 01245984145



SUPPORTING YOUR CHILD WITH READING

Encourage your child to read

Just a few minutes a day can have a big impact on children of all ages. Try to build towards reading 15 minutes three times a week.



Read aloud regularly

Use different voices, gestures, and pauses to make the stories come alive and encourage interaction.

Read together

Choose a favourite time to read together as a family and enjoy it. Making reading a social event normalises reading for pleasure.



Make use of your local library

Local libraries also offer brilliant online materials, including audiobooks and ebooks to borrow. See Libraries Connected for more digital library services and resources.

Be a Reading Role Model

Children learn by observing their parents, so make sure they see you reading for pleasure. Let them see you enjoying books, newspapers or magazines.



Use myON

As a school, we have invested in a digital online reading platform that gives our students access to over 7,000 culturally diverse titles. You will have been sent a letter on how to login and access this resource.



CHASE HIGH SCHOOL

SIXTH FORM OPEN EVENING

Thursday 8 October
16:00 – 19:30



AMBITION - RESILIENCE - KINDNESS

At Chase High Sixth Form, we provide the freedom, support, facilities, and care to help you take your next step into university, apprenticeships, or even employment.

For more information or to book a tour please email **sixthform@chasehigh.org**

VACANCY FOR A **PARENT GOVERNOR**



We have a vacancy for a Parent Governor on our governing body and warmly welcome applications from parents and carers who want to help our school and make a positive difference for our students.



WHAT DOES A GOVERNOR DO?

- Work as part of a team to set the strategic vision and direction of the school.
- Hold the headteacher to account for educational performance.
- Oversee the financial performance of the school and make sure funds are well spent.
- Provide a vital link between the governing body, parents and the local community.



WHAT SKILLS DO YOU NEED?

- No special qualifications or prior experience are required.
- You just need enthusiasm, an interest in children's education and a willingness to ask questions and learn.
- Free training and full support are provided.



TIME COMMITMENT

- Attend approximately 3–6 meetings per year.
- Occasional visits to the school during the school day.
- A willingness to read paperwork and prepare ahead of meetings.



ELIGIBILITY

- You must be the parent or carer of a registered pupil at Chase High School at the time of your election.



HOW TO APPLY OR FIND OUT MORE

Please contact:

katrina.walsh@chasehigh.org



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



The [European Day of Languages](#) is celebrated annually on September 26, with the official 2026 theme focused on "Languages unite! How languages shape inclusion".



Through the celebration day, approximately 700 million citizens across the Council of Europe's 46 member states are encouraged to discover and learn languages at any age, whether within formal education or alongside it. This reflects the shared conviction of the Council of Europe and the European Commission that linguistic diversity is a powerful means of fostering intercultural understanding and a fundamental component of Europe's rich cultural heritage.



Give your vocabulary a quick workout with the "[Name It](#)" Game! Choose a category, select the language you want to explore, and see if you can recall the word before the timer runs out. After a few seconds, the correct expression appears. This is a simple way to refresh and expand your everyday vocabulary. There is no pressure, just click the image to pause the timer whenever you like.



This [webpage from the University of Cambridge](#) focuses on Careers using Languages. They have a range of resources including job boards for bilingual people, information on job roles requiring languages and advice on what to do next if you're interested in learning more.

Janina studied modern languages at Cambridge and now works in International Development, but was this by chance or choice? [Watch this video](#) to find out more about her journey.



Review these websites to see a list of job roles that require a second language, you can read more about how much you could earn, what houses you can expect to work and how you could access the industry.

- [Career Pilot](#) | [Prospects](#)

This [subject spotlight from UCL](#) explains more about the benefits of studying Romanian and gives you an insight into what studying a language at university could be like.



When you choose languages, you're opening a world of opportunities for career growth because knowing multiple languages makes you a valuable asset in our interconnected global landscape. Read this [UCAS Subject Guide](#) to understand more about studying languages.

JOB OF THE WEEK

 [Dialect Coach](#)

A dialect coach is a technical advisor who helps actors learn and safely perform specific accents, regional speech patterns, or unique vocal styles for film, television, theatre, and voiceover projects.

They research dialects and voices then use phonetics and the International Phonetic Alphabet (IPA) to teach exact vowel shifts, consonant changes, and rhythm.

LABOUR MARKET INFORMATION FACT

In some countries, the salary gap between bilingual and monolingual workers is wide enough to match a full promotion worth up to £25,913 more in earnings each year.

Japanese, Portuguese, and Italian are among the top languages linked to higher earning potential for bilingual careers.

[Source](#)

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

CAREERS NEWSLETTER

OPPORTUNITIES



In this Photo Tips session, we'll be joined by award-winning British Pakistani photographer Shahfaq Shahbaz. Shahfaq, is a freelance portrait, fashion, and commercial photographer and she will share the practical realities of building a career in fashion and commercial photography.



The Solstice Nature Prize is a national, annual writing competition for young writers, which invites young people to take a closer look at the natural world, explore their relationship with it, or examine the challenges it faces, and write short stories, poems, and thought-provoking blogs in response.



How can a passion for science lead to a career in one of the world's biggest technology companies? Join Zahaan Bharmal, Senior Director at Google, for an inspiring talk about his unique career journey. From studying Physics at Oxford and earning a Fulbright Scholarship to Stanford, to advising governments, writing about science, and a senior leader with Google based in London, Zahaan's career proves there is no single path to success.



Thinking about a career in law? Join Isabelle Meyer, General Counsel and Director of Estate Operations, for an honest and engaging look at what it really means to be a lawyer. Discover what lawyers actually do, the skills you need to succeed, and the different routes you can take into the legal profession. Isabelle will share insights from her career, offer practical advice for aspiring lawyers, and explore the qualities that can help you build a career in law.



Ever wondered where maths could take you? Join Jeannette Lichner, Non-Executive Director at the Information Commissioner's Office and Financial Conduct Authority, as she shares her unexpected career journey from accounting to leadership. Discover what a career in accounting is really like, how accountants use maths, numbers and problem-solving every day, and the different skills you can develop through the profession. Jeannette will explore how her accounting background opened doors to new opportunities and eventually led her into senior roles across business, finance and regulation.



EMPLOYER SPOTLIGHT

Amazon is a global company best known for online shopping, but its teams also work in technology, engineering, logistics, operations and business. UK early career routes can include apprenticeships, internships and graduate opportunities.

Depending on the programme, young people could develop skills in areas such as software, data, engineering, project management, operations or digital technology while gaining valuable experience with a major international employer.

UNI SPOTLIGHT

Imperial College London is a specialist university focused on science, engineering, medicine and business. Based in London, it could particularly appeal to students who enjoy STEM subjects and want to study alongside others with similar interests. Students have opportunities to participate in research, entrepreneurship and industry projects, they have links with technology companies and organisations across a huge range of sectors.

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

Hello Yellow Day



Hello Yellow is annual campaign run by **YoungMinds**, the leading charity in the UK fighting for mental health support for young people.

October 9th is to bring awareness and let young people know they aren't alone.

How can you help?

Support our craft stall!

We are organising a craft stall to host at **Big Up** in **Victoria Shopping Centre** on **Halloween** to raise money for YoungMinds. We are looking for support to make spooky crafts and for volunteers on the day.

N/B. If you would like to help out, please let us know in the group chat

#HelloYellow on October 9th on your socials

Start a conversation

Getting educated on mental health and how it impacts young people is very important and you can find information on the YoungMinds website.

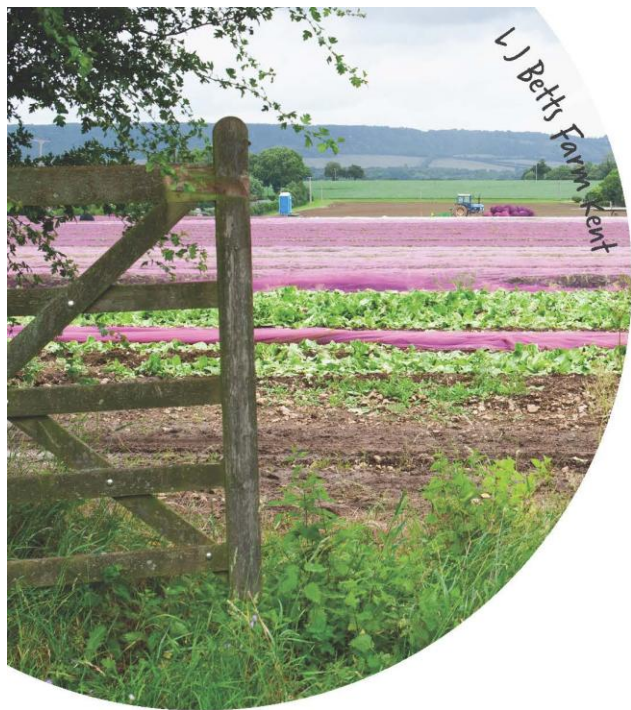
Get your school or Workplace involved

We want as many people as possible to show support their by wearing yellow, spreading awareness or fundraising. You can register your workplace/school on the YoungMinds website and they will send you educational and fundraising resources.

If you need any support with registering your workplace/school or coming up with fundraiser ideas, don't hesitate to reach out! Thank you for reading - Rachel H-S:)

Website: youngminds.org.uk





CELEBRATING BRITISH FOOD FORTNIGHT AT PABULUM

Monday 28th September - Friday 9th October

British Food Fortnight is an annual celebration of Britain's farmers, growers, producers and the fantastic food they provide.

At Pabulum, we're proud to serve fresh, seasonal and responsibly sourced ingredients every day. This British Food Fortnight, we're shining a spotlight on some of the British produce featured across our menus and the farmers, growers and suppliers who help bring it from farm to fork.

What's in Season This Autumn?

Autumn brings an abundance of British produce, including:

- Apples
- Potatoes
- Butternut squash
- Cauliflower
- Carrots
- Pears
- Onions

By choosing seasonal ingredients, we can maximise freshness and flavour while supporting British agriculture.

This autumn, seasonal favourites such as potatoes, carrots, cauliflower and butternut squash can be found across our menus, from roast dinners and vegetable sides to pasta dishes and even some of our desserts.



British Produce on Our Menus

Keep an eye out for some of these British-grown ingredients appearing in your child's meals over the coming weeks:

Crispy Roast Potatoes

Many of the potatoes we serve are grown at **Fairfields Farm in Essex**, providing the perfect accompaniment to our roast dinners.

Creamy Cauliflower Cheese

Our cauliflower is often sourced from **Boundary Farm in Wingham, Kent**, where grower Trevor Bradley produces quality seasonal vegetables.

Pasta with Squash & Tomato Sauce

The butternut squash used in this popular dish is frequently grown at **Green Lane Farm in Kent by Dickie Ovenden**.

What Parents & Educators Need to Know about DISCORD

AGE RESTRICTION
13+
(with a 17+ app rating on app stores)

WHAT ARE THE RISKS?

A CHANNEL FOR EVERYTHING

While Discord is strongly associated with video games, it also hosts communities for almost anything you can imagine, such as books, music, influencers, cooking and sport. Some large servers focus on popular games like Minecraft or Fortnite, but many are private, invite-only spaces where friends or communities with shared interests can chat across phones, computers, and gaming consoles.

REAL-LIFE DISTRACTION

Like many social platforms, Discord can become a real time-sink. Although it does not rely on endless scrolling in the same way as some apps, constant messages, group chats, and voice channels can keep young people engaged for long periods, especially in larger servers. As Discord is closely linked to gaming, it may also increase the time they spend playing games.

STRANGER DANGER

Users can choose to stay within private servers with only people they know, but joining public servers will most likely bring them into contact with strangers. Many users are just friendly enthusiasts, yet others could have harmful intentions, including grooming, extortion, or radicalisation. In these types of environments, anyone can claim to be another teenager, which can make it harder for young people to judge who is safe to talk to.

A HARASSMENT RISK

There is also a risk from people a young person already knows in the real world. Bullying in the real world can continue online, and Discord servers can make this feel more intimidating, especially if someone uses anonymous or multiple accounts to carry out threatening behaviours. Because Discord works across computers, phones, and gaming consoles, unwanted contact can follow young people into online spaces that should feel safe and private.

INAPPROPRIATE CONTENT

This huge amount of choice can help young people "find their tribe", especially when they have niche interests. However, because users can create servers around almost any topic, younger users may still encounter unsuitable or distressing content. Even in spaces linked to child-friendly games, Discord cannot directly control every conversation, image, or video shared by other users.

A MONEY DRAIN

Discord is free to use, but users can still spend real-world money on it. This may include Discord 'Nitro', a monthly subscription that unlocks customisation features and larger media uploads, or purchases through the 'Shop' for profile cosmetics and game-related items. Small purchases can add up quickly, especially if spending controls are not in place.

Advice for Parents & Educators

USE FAMILY CENTRE

Parents and carers should make use of Discord's 'Family Centre', which gives an overview of a younger user's activity while respecting their privacy. Messages are not shared, but adults can view an activity feed and receive weekly email summaries. Discord says this is designed to support conversations about online behaviour, rather than be about constant monitoring.

CHECK, TALK, REPORT

Review Discord's privacy settings together, including who can send them friend requests or private messages. Use this as a chance to talk to them about strangers, privacy, and personal information, making sure young people know to question suspicious behaviour, such as requests to keep conversations secret. Show them how to block and report these kinds of users and reassure them that asking for help will not get them into trouble.

MANAGE TIME ONLINE

Agree clear expectations around when and how Discord can be used, especially during homework, bedtime, and family time. Encourage young people to turn off unnecessary notifications and leave servers that feel overwhelming. If Discord is mainly used alongside gaming, discuss healthy limits for both activities so that schoolwork, sleep, and offline friendships are not affected.

REVIEW SPENDING CONTROLS

Talk openly about paid features such as Discord Nitro, profile cosmetics, and in-game purchases. Make sure the young people in your care understand that digital items still cost real money. Check payment settings on the device they use, avoid storing card details where possible, and consider adding approval requirements for purchases, particularly for younger or more impulsive users.

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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See full reference list on our website

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FREE ONLINE WORKSHOPS

FOR PARENTS AND CARERS

OF SECONDARY-AGED CHILDREN

Delivered by the Mental Health Support Team

@EssexMHST_and_SETcamhs

SCAN TO REGISTER



bit.ly/4ozRciL



How to Support Your Child Around Exam Anxiety

6th October 9:30 am

Understanding Anxiety and Emotionally Based School Avoidance

13th October 6:30 pm

Introduction to Understanding ADHD

20th October 9:30 am

Understanding Low Mood

22nd October 7:00 pm

FREE ONLINE WORKSHOPS

FOR PARENTS AND CARERS

OF NEURODIVERGENT CHILDREN AND YOUNG PEOPLE

Delivered by the Mental Health Support Team

@EssexMHST_and_SETcamhs

SCAN TO
REGISTER



bit.ly/4jtb46c



Meltdowns and Shutdowns

14th October 9:30 am

Communication Differences

19th October 7:00 pm