



NEWS & VIEWS

Aspirations, Character & Excellence

Headteacher: Mr J Foster

Headteacher's Comment:

Following parent/carer feedback on how pupils and families welcomed our first 'press the pause button on live teaching' day, we will be asking pupils to do the same on Wednesday 10 February. Work will still be set via TEAMS or SMHW/Satchel One but pupils will be able to take control of their screen time and learning for the day. That evening we will hold our virtual Year 8 Parents' Evening; the booking system is now open. We have posted home a resource pack this week for all pupils containing lined paper, Math book, English resource and stationery to support home learning.

Successes

The Jack Petchey Foundation was set up to inspire and motivate young people across London and Essex by providing exciting projects and programmes for them to get involved in. They recognise the outstanding achievements of today's young people by awarding them for their hard work and positive impact in their community. The Achievement Award winners are young people who have gone above and beyond to achieve, but not solely for academic achievement; they may be used to recognise a personal triumph for someone who has faced a challenge, a young person who has pushed themselves outside of their comfort zone or it may be an opportunity to recognise the outstanding efforts of a team player.

Well done to Amina Akor, Katherine Barrett and Mahim Ahmed who achieved the award last term.

LORIC

This week Miss Kimmel has focused on developing our LORIC strand RESILIENCE in virtual assemblies to all year groups. "EVEN IF I FAIL, I KNOW THAT PERSEVERANCE LEADS TO SUCCESS." Teachers have also highlighted resilience within lessons and Mrs Wood has been sending Shout Outs to parents/carers of pupils that have showed good resilience within their virtual lessons this week.

Accept that bad things happen, you will suffer – don't welcome it but be aware of it.

Choose what you focus on – think of 3 good things that happen each day- make a deliberate, ongoing effort to tune into the good.

Ask yourself 'Is what I'm doing helping or harming me?' - Take control.

We challenge pupils and families to have a go at the following activities:

- Balance a teaspoon on your nose for 30 seconds
- Juggle with 3 objects for 20 seconds
- Throw 20 paper balls in a bin 10m away - no misses
- Create a paper swan

Mental Health

Its Children's Mental Health Week 2021, this year's theme is 'Express Yourself' and is focused on getting children and adults to find creative ways to share their thoughts, feelings and emotions through activities like music, art, dance or photography. We have created a Mental Health YouTube playlist, click this link to explore stories, poems or activities to inspire you to express yourself:

<https://www.youtube.com/channel/UCSK4ImJfi5sPH4UBp7cZtyQ/playlists>



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Executive Headteacher: Mr R Duff

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