



## Headteacher's Comment:

On Wednesday evening, 263 families came to experience what Chase High has to offer at our Year 5 Open Evening. This is the highest number of visitors we have ever had and it was a pleasure to wander amongst lots of prospective families looking at Chase High as their first choice school, and listening to the positive conversations and comments about staff, students and our facilities.

#ProudtobeChase



## Author Visit:

This week, our Year 9 students had the great privilege of being visited by performance poet, Adisa. This verbaliser wizard, who visited the school to support pupils with their GCSE Poetry examination, had students engaged in poetry and even writing their own. It was great to see our students participating in poetry workshops and improving their writing.



## University Trips:

This week, a group of our Year 12 Science and Psychology students visited Anglia Ruskin University in Cambridge, as part of our STEAM programme. They spent the day exploring the university's facilities and learning about its courses. The students attended lectures and practical sessions in subjects such as Sports Science, Biomedical Science, Crime and Forensics, Psychology, and Cybersecurity. This experience has helped them to get a better idea of what it's like to study at Anglia Ruskin, and some students are now keen to apply!

Our Year 7 and 8 students also took part in a visit to Emmanuel College, which is part of Cambridge University. They were taken on a tour of the historic grounds to see where students live and attend their lectures and seminars. Our students diligently listened during a university style lecture about university life and then actively engaged in a university style seminar where they discussed representations of Gods in ancient times. We also got a tour of their stunning campus and asked lots of questions about student life at university.





# Duke of Edinburgh

Last weekend, a group of Year 10 students went to Skreens Activity Centre in Chelmsford for their 3 day Silver Duke of Edinburgh Award practise expedition. They carried their own tents and rucksacks and made their own food throughout, whilst navigating their way through almost identical fields! The sun was out and the energy was amazing. Our students did us proud with their behaviour, respect and motivation throughout the long weekend.



## Army Visit

On Tuesday, we welcomed the Army in to school to put our Year 10 students through their paces at our Elite Skills team building event. The students showed excellent LORIC skills whilst undertaking four different team building activities, followed by an informative assembly about different careers within the Armed Forces.



## Mamma Mia Trip

On Thursday evening, Mrs Cassar took a group of our Performing Arts students to London's West End to see the smash-hit musical Mamma Mia! The students thoroughly enjoyed every minute of the Abba spectacular and were a credit to the school being complimented numerous times for their exemplary behaviour.



## Culture Week

All next week we will be celebrating culture and diversity with a variety of different events designed to explore traditions, languages and customs from around the world.

- Celebrating LGBTQ+ in the main library Monday, London Building Tuesday and Post 16 Wednesday. Selling badges and Pride goods
- World cup event for Year 7,8 and 9 on the Astro at lunchtimes and finals after school.
- Food stalls in the main cafeteria with delights from around the world.
- Cultural show throughout the day with each year group in the main hall.



## Dates for your Diary:

01.07.24 – 03.07.24 Year 8 History Trip to Liverpool  
 01.07.24 – 05.07.24 Culture Week  
 01.07.24 Year 11 Prom  
 02.07.24 P16 Meet and Greet

03.07.24 EPAA Summer Variety  
 04.07.24 Sports Awards  
 05.07.24 Year 6 Transition Day

Please see the link below from the charity Internet matters.org regarding the risks involved in online challenges.

<https://youtu.be/cLt9NKbBpOw?si=Zup9vntmZxldDMn8>



**DISCOVERY**  
EDUCATIONAL TRUST

**Chief Executive Officer: Mr R Duff**

Chase High School is proud to be part of the Discovery Educational Trust



# CHASE HIGH SCHOOL PRELOVED

**Uniform donations are needed!**

**Blazers, trousers, skirts,  
shirts, jumpers and  
Chase PE kits.**



**Drop donations at  
Main School Reception**



# 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



NGTU Advice Library & Downloadable Resources. Check out the Advice Hub on the NGTU website, where you can discover a range of helpful resources and blogs related to all things early careers!

Do you like Minecraft? Do you want to learn more about careers? The CareersCraft world allows players to develop careers skills and awareness as they visit landmarks across Wales. CareersCraft is played using Minecraft. It is an interactive way for learners to explore careers topics using a platform that is familiar and popular with many people.



The Young Professionals student network is designed for engaged and career-driven students. Their resources and work experience opportunities enable you to engage with employers and discover what it's like to work in different sectors. Upcoming opportunities include Direct Line Group's two-day Business Simulation work experience in London in August.



If you plan to research universities over the summer, you'll be interested to know that UCAS have a webpage devoted to sourcing virtual university tours and videos that will give you a flavour of what the faculties and campus are like and insight into the facilities available. If a university you're interested in isn't listed, you can use the UCAS 'Unibuddy' service, that allows you to search by course or university and chat to current undergraduates to get real-time information and honest opinions.



The University of London group offers one-day or half-day Taster Courses at 13 participating universities in the city. There are over 100 courses to choose from and they are free to attend. You can use a course to check if a subject you already like will suit you, or try something completely new.



If you have any questions or need support, please email [Edel.Donlon@chasehigh.org](mailto:Edel.Donlon@chasehigh.org)

## JOB OF THE WEEK



This week's video focuses on the job role of a Cartographer.

They design, prepare and revise maps, charts, plans, three-dimensional models and spatial information databases, often using computer-based techniques, and applying principles from science, mathematics and graphic design.

Watch the video to learn more.

## LABOUR MARKET INFORMATION FACT

Users of Prospects.ac.uk were surveyed between 11 January and 11 February 2024 to find out about their career plans and their experiences over the last 12 months. The proportion of respondents who said that taking care of their mental health was among their biggest challenges remained high at 48%.

Source



# CAREERS NEWSLETTER

## OPPORTUNITIES

What you choose to study at Sixth Form or College can affect your options at university and your future career. The Russell Group of universities have a service called '[Informed Choices](#)', that you can use to learn about which subjects open up different degree pathways, particularly at Russell Group universities. Whether you know what you want to study or not, the website has lots of useful information that can be a jumping-off point for further research on individual university course websites.

The [Student Room](#) website is full of useful information for school, college and university students and all stages of decision-making from GCSEs onwards; the [University section](#) includes in-depth university guides, forums with current students and guidance for student finance applications.

GAIN is a charity that empowers young women and non-binary students to begin their careers in Investment Management. As well as their [Internship programme](#), they host the '[GAIN Meets](#)' podcast that explores key investment concepts and meets industry experts to discuss their career investment topics. If you're an aspiring student looking to pursue a career in finance, or a young professional looking to expand your knowledge, GAIN is a fantastic way to sharpen your industry knowledge.

MOOCs are [free online courses available to anyone](#); they are a flexible way to learn new skills, advance your A level or university course knowledge or explore new areas of interest. [Click here](#) to learn more about this great way to add to your CV, apprenticeship applications or UCAS Personal Statement.

Explore the [Careermap Company Hubs A-Z](#). From industry giants to innovative startups, discover who's shaping the future and find an employer or training provider that matches your aspirations and values.

## EMPLOYER SPOTLIGHT

"If we commit to being customer obsessed, becoming more diverse and inclusive, and operating as One Microsoft, we will achieve our mission to empower every person and organisation on the planet. Every year, thousands of university students from every corner of the world join Microsoft."

You can read more about Microsoft's careers [here](#).

## UNI SPOTLIGHT

"We are the only UK university to share a campus with a teaching hospital, St George's University Hospitals NHS Foundation Trust, so you are immersed in a professional environment from day one. You can walk from lecture theatre to laboratory to hospital ward or clinic with ease."

You can read more about St George's courses [here](#).

If you have any questions or need support, please email [Edel.Donlon@chasehigh.org](mailto:Edel.Donlon@chasehigh.org)

# What Parents & Educators Need to Know about GAMBLING

## WHAT ARE THE RISKS?

Gambling can be defined as betting or risking money or something of value on the outcome of a situation involving chance. Under current regulations, gambling is legal for adults in the UK. Its potential impacts on the wellbeing of individuals, families and communities are well documented – emphasising the importance of safeguarding children and young people against these hazards.

## MANIPULATIVE ADVERTISING

FREE BET!!

Adverts for online bookmakers and betting exchanges can raise concerns about targeting vulnerable groups, fostering addiction, promoting misleading expectations, impacting mental health, affecting social norms, posing regulatory challenges, influencing minors and other ethical issues. Effective regulation, responsible advertising practices and public education are essential to mitigate these concerns and address the potential harms associated with excessive exposure to manipulative advertisements.

## ADDICTIVE FEATURES

All gambling products carry safety concerns, but some can be even riskier and more addictive. The frequency with which people can place bets can encourage them to do so often – with rapid spins and multiple betting options, for example. Betting on sports events, especially with live in-play betting options, can be highly engaging and habit forming. The 24/7 availability of online platforms can also increase the risk of excessive gambling, particularly among young people.

## PEER PRESSURE

Exposure to gambling through friends, influencers or social circles can normalise risky behaviour and create unrealistic expectations about the chances of winning. Addressing peer influence requires support services, responsible advertising practices and effective education on the subject to minimise the impact on children and promote healthier choices.

## IMPACT ON MENTAL HEALTH

Gambling can exacerbate mental health issues such as anxiety, depression, and stress – especially if it leads to financial loss. Individuals with existing mental health conditions may use gambling as a coping mechanism – but the cycle of gambling can worsen their symptoms, creating a detrimental impact on overall wellbeing. Integrated support services and treatment options are crucial to address these interconnected challenges effectively.

## GATEWAY BEHAVIOURS

Certain features of other products – such as video games that offer in-game purchases – can lead to gambling among young people. These mechanisms can sometimes be designed to exploit psychological vulnerabilities, encouraging repeated spending to acquire virtual items or advantages. Such practices can normalise the associated risks and desensitise young people to putting their or their family's money in danger.

## FINANCIAL DIFFICULTIES

The most common impacts of online betting come in the form of financial losses and debt. This, in turn, can lead to distorted perceptions of money, deterioration of relationships, social isolation, and poor academic and career outcomes. Regular gambling can even exacerbate other risky behaviour by making it seem less significant – potentially leading to a cascade of health impacts and financial loss.

## Advice for Parents & Educators

### ENCOURAGE OPEN DISCUSSIONS

Sporting events can be a good opening for conversations about gambling, as some sponsorships may reference and even glamourise it. Talk to children about how these promotions make them feel and encourage frequent conversations about any concerns they may have. Adverts, influencers and online platforms may also feature gambling products. As a child grows, it's important to encourage their critical thinking skills to help them avoid being manipulated by this type of marketing.

### MONITOR SPENDING

In-game purchases can be appealing to children, allowing them to unlock new features or cosmetic items in a fraction of the time it would take to win them by playing. Talk to children about how they spend money online; an interest in what video games they play can encourage the conversation. Consider setting up restrictions on their devices, requiring their parent or carer's permission before making any purchases. Talk about finances regularly and openly.

### KNOW THE WARNING SIGNS

Parents and educators should be vigilant for signs of gambling harm among young people. Look for changes in their behaviour such as increased secrecy, unexplained money issues, mood swings or withdrawal from their usual activities. Open conversations about gambling risks and maintain a supportive, non-judgemental environment. Try to familiarise yourself with resources and helplines for assistance and guidance.

### GET FURTHER SUPPORT

Support and treatment for young people is available via the Young People's Support Service at GamCare, who can be contacted at 0808 8020 133. A link to their website has also been included in the sources of this guide, along with links to several other support networks. Your GP and local NHS gambling clinic are also available if you require additional advice. Don't hesitate to reach out for help if you're concerned about a child's gambling behaviour or their financial situation.

## Meet Our Expert

Ygam's mission is to prevent children and young people from experiencing gaming and gambling harms through awareness raising, education, and research. The charity was established in 2014 as a result of the lived experience of their founders.



The National College

# REVISION

## Maximise Your Revision #6 Revision Foldables

One for the hands-on revision. A very active creation and useful tool for retrieval of short facts. Great tool to have on hand during exam question practice for those facts that just one stick!

### Step one – Set up your foldable page



Take your piece of A4, fold in half and then into sections (you can be flexible about how many you want based on the amount of information.)

The snip into the middle on each side.

### Step two – Add your information

Put the prompt on the front and underneath the details for the reminder.



### Step three – Get practicing

Use your foldables to look, cover, write and check your knowledge. Have them available when you are completing past papers. Ask friends to quiz you.

want to know more .....

Get creative – other shapes and colours to keep yourself interested.

Tips for parent/guardian – instead of how's your revision going? Try these questions



Can I see your foldable?

Can I test you on your latest foldable?

Can I help you in making some more?

