



## Headteacher's Comment:

Today was the day, the day that I needed to wear my 'big coat'. The weather is turning and as we wave goodbye to the warmer seasons, please remember to dress your children in the appropriate outdoor clothing as winter fast approaches. Also, please note the attachment stipulating the uniform expectations at Chase High School. Every effort is made to ensure the uniform is cost-effective whilst ensuring the pupils at Chase look smart and ready for school.

As a practising Design and Technology teacher, I am always pleased to see our pupils getting involved in talks and trips linked to my subject. The STEAM (Science, Technology, Engineering, Art and Maths) workshop hosted by BAE was an interesting and inspiring event, showing the pupils at Chase what they can do if they attend school and continue to aspire to have a great career.

#ProudToBeChase



## STEAM Workshops:

On Tuesday, we welcomed Gary Cousins from BAE Systems to our school. He delivered two engaging and educational Cybersecurity workshops to more than fifty of our Year 10, 12, and 13 students. The workshops provided hands-on experience in Cybersecurity, Software Engineering, and Vulnerability Research, offering valuable insights into these fields. Held in celebration of Ada Lovelace Day, the event also highlighted the achievements of Ada Lovelace and other women in STEAM, aiming to inspire students to explore careers in these areas.

We look forward to continuing our Ada Lovelace Day celebrations with an exciting STEAM trip to the Chelmsford Science Festival later this month.



## Mock Debate:

On Wednesday, Sixth Form students Oluwadarasimi, Calum and Freddie, represented Chase High School at the Giles and Wilson Mooting Competition. A mooting competition is a mock trial where two sides argue a point of law. Both Calum and Freddie presented a highly convincing case to defend their client, using exceptional public speaking skills in front of an audience. Mr Mustafa is delighted to announce that the boys won, and the judges found their case compelling. This is an even more impressive result, as the students had to learn legal etiquette and know aspects of both the Theft Act 1968 and Criminal Damage Act 1971. A huge congratulations to all students involved!







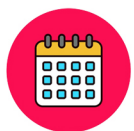
## JLT Training:

This week, our Junior Leadership Team took part in their first training of the year, giving them the LORIC skills needed to have a positive impact on the school community. The JLT then used their leadership skills to train the newly appointed Form Representatives. Students from years 7 to 10 worked together to ensure they had the 'student voice' organised for the coming year.

## Year 11 Curriculum & Sixth Form Open Evening:

On Thursday 24 October, we would like to invite all Year 11 pupils and their parents to our Year 11 Curriculum Evening 16.00 – 17.00. This is an important event which is designed to ensure all Year 11 pupils are well informed about the expectations and challenges of the year ahead. During the evening, the Year 11 team will provide information about exams, highlight key dates, explore next steps at Post 16 study and beyond. We will also suggest key strategies which you can use to support your child's learning and revision throughout the course of the year, aiding them to achieve their outcomes.

The talk will be followed by our Sixth Form Open Evening 17.00 – 19.00. This event will give pupils the opportunity to speak to our Post 16 team about courses available to your child after they have completed their GCSEs. Please do take the time to come to this event as we feel it is vital to ensure our students are as fully supported as possible both at school and at home.



## Dates for your Diary:

17.10.24/18.10.24 Friends of Chase Cake Sale    28.10.24 – 08.11.24 Half Term  
24.10.24 Year 11 Curriculum/P16 Open Evening    11.11.24 Back to School/Week 1/Remembrance Event



**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](http://www.chasehigh.org)



[@chasehighschoolsex](https://www.facebook.com/chasehighschoolsex)



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



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

## Uniform list for Year 7 to 11 pupils

### Compulsory:

- A school blazer with school logo displayed
- A collared white long or short-sleeved shirt
- Plain regular fit black trousers or pleated black, knee-length skirt with the waist band visible. Pupils should not roll the skirt in any way. Black trousers should be of regular fit and length; they must not be cropped, bootleg, flared, ankle grazers or be a skin-type fit or leggings style.



- A school tie
- Black ankle socks or plain black tights. No slouchy socks, legwarmers or slipper style socks permitted
- Permitted headwear (worn for religious reasons) must be black or navy blue in colour
- Polishable black shoes, with a hard sole. Shoes are only allowed up to the ankle. Sports branded shoes are not permitted. Boots, including those of army style or DMs are not permitted, nor are trainers or canvas shoes. Should a pupil arrive in unsuitable shoes, they will be expected to borrow some of the school's shoes for the duration of the day. Please see the examples of those permitted and those not permitted.
- Pupils are expected to carry a suitable school bag (to fit exercise books / folders / PE kit) throughout the school day. Handbags, cross-body bags or bags carried around the waist are not permitted
- Hooded sweatshirts and zipped sweatshirts are not permitted in any circumstance and will be confiscated

### Optional:

- Plain black, V-neck jumper or school jumper, to be worn under, not in place of the blazer
- Outdoor coats must be suitable for any adverse weather conditions, leather, denim jackets, gilets and bodywarmers are not permitted

*If you are unsure of any of the points listed, check with the school before making purchases.*



### Jewellery, hair and makeup:

- Pupils may wear a wristwatch. Apple / Smartwatches that connect to the internet and mobile devices are not permitted during assessments and exams.
- Pupils with pierced ears may wear one small, plain silver or gold discreet stud in each lower ear lobe. No other jewellery should be worn. Nose and facial piercings are not permitted
- Extreme haircuts are not permitted, as judged by Senior Leaders. This includes but not limited to, patterns or shapes shaved into the hair and hair must be of natural colour
- Discreet make-up may be worn as judged by Senior Leaders
- False eyelashes, nail extensions and nail varnish and other noticeable appearance altering treatments, for example, eyebrow treatments are not permitted. If a pupil arrives wearing these, they will need to be removed before attending lessons

### Important points to remember:

- Blazers, jumpers and ties are only available from the Schoolwear Centre on Hamlet Court Road. All other items such as trousers, skirt, shirts and shoes are available from the Schoolwear Centre on Hamlet Court Road, Paul's on Southchurch Road or a shop of your choice.
- The school accepts no responsibility for non-uniform items brought into school, including those subsequently confiscated

*If you are unsure of any of the points listed, check with the school before making purchases.*



## Uniform expectations

Uniform item	Expectation	Additional information
<b>Black blazer</b>	Blazers must be purchased through the official supplier and must show the Chase High Logo	<ul style="list-style-type: none"> <li>Blazers can be removed during break and lunch only, unless permission is granted by a member of staff</li> </ul>
<b>White shirt</b>	Long or short sleeve with a collar and top button	<ul style="list-style-type: none"> <li>Top button fastened at all times</li> <li>Shirt is tucked in</li> <li>No excessively tight shirts permitted</li> <li>No visible t-shirts under the uniform</li> <li>Long sleeves must not be rolled up</li> </ul>
<b>Tie</b>	Year group ties	<ul style="list-style-type: none"> <li>Worn at all times with the logo visible below the knot</li> </ul>
<b>Shoes</b>	Plain, black, sensible school shoes with a hard sole	<ul style="list-style-type: none"> <li>No logos, coloured patterns or soft soles</li> <li>No canvas footwear, trainers, boots or plimsolls</li> <li>No sports branding footwear</li> <li>Trainers can be brought to school for sports activities, including using the astro turf pitch during social times</li> </ul>
<b>Jumper (optional)</b>	Official school jumper (black with blue edging) or plain, black V-neck jumper	<ul style="list-style-type: none"> <li>Worn under the blazer</li> <li>Not tucked in or made to appear 'cropped' or tied at the back</li> <li>Should not be worn as an alternative to the blazer</li> </ul>
<b>Coats</b>	Suitable for school and appropriate for season	<ul style="list-style-type: none"> <li>No denim or leather jackets</li> <li>No hooded sweatshirt, zip up or oversized hoodies permitted</li> <li>Worn over the blazer</li> <li>No excessive decoration</li> </ul>
<b>Jewellery</b>	Wristwatch. One plain, stud earring in each ear	<ul style="list-style-type: none"> <li>No nose or facial piercings</li> <li>Jewellery prohibited; bracelets, necklaces and rings will be confiscated</li> </ul>

***If you are unsure of any of the points listed, check with the school before making purchases.***

<b>Skirts</b>	Plain, black, pleated knee length skirt	<ul style="list-style-type: none"> <li>• No skater skirts</li> <li>• No straight/tight-fitting skirts</li> </ul>
<b>Trousers</b>	Straight leg trousers only	<ul style="list-style-type: none"> <li>• No 'skinny' trousers, chinos, canvas or denim</li> <li>• No visible zips or rivets</li> <li>• No bootleg, cropped, flared or ankle-grazers</li> <li>• No leggings or jeggings</li> <li>• Pe kit jogging bottoms must not be worn under school trousers</li> </ul>
<b>Tights</b>	Plain black tights	<ul style="list-style-type: none"> <li>• No patterned or ripped tights</li> </ul>
<b>Socks</b>	Plain black ankle socks	<ul style="list-style-type: none"> <li>• No other colour permitted</li> <li>• No 'slipper' style, ski, slouchy socks permitted</li> <li>• No patterns or bows</li> </ul>

Please note our school ties are differentiated according to year group. The school or Schoolwear Centre will advise of the colour your child needs



*If you are unsure of any of the points listed, check with the school before making purchases.*





# 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

10th October is **World Mental Health Day**. This year's theme set by the World Federation of Mental Health is workplace mental health. The theme highlights the importance of addressing mental health and wellbeing in the workplace, for the benefit of people, organisations, and communities.

There are lots of ways that you can take part in World Mental Health Day. You can use the social media hashtag #WMHD2024 to see what companies are doing to celebrate and raise awareness, this may be wearing a green ribbon to show support, holding a Tea & Talk, or getting running an event to showcase how they support their employee's mental health.

Talking is good for your mental health. And talking about mental health is important. But starting a conversation isn't always easy. Whether you'd like to talk to someone about how you're feeling, or check-in with someone you care about, here are some tips that can help.



Every year 1 in 4 of us will experience a mental health problem. Nearly 2 million are waiting for NHS mental health services, and since 2017 the number of young people struggling with mental health has doubled. Mind have set out the steps the new UK government must take towards a future where there's no mind left behind.



If you're thinking of a career in mental health, here are some job roles that you may wish to consider: Mental Health Nurse | Child Psychotherapist | Occupational Therapist & Art Therapist



In this video from the NHS, people with lived experience of mental health describe the "huge impact" that great mental health care had on their recovery and their lives, and some of our mental health nurses explain why there's "...no greater gift than supporting someone and seeing them prosper and flourish."



## JOB OF THE WEEK



Mental Health Therapist

Mental Health Therapists are qualified professionals who treat the cognitive, behavioral, and emotional aspects of mental health conditions. They work with individuals, families, couples, and groups in a variety of settings. Watch the video to learn more about working hours, salary and qualifications needed.

## LABOUR MARKET INFORMATION FACT

875,000 workers suffered from work-related stress, depression and anxiety in 2022/23.

This makes Mental Health the 5th most common reason for sickness/absence from the workplace in 2022.

Source

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

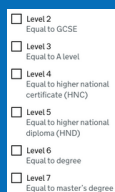


# CAREERS NEWSLETTER

## OPPORTUNITIES



Did you know that there is an instant messaging platform called [Unibuddy](#) that allows you to speak to current university students studying all over the UK? You can filter by subject or university and get honest answers to any questions you have about the university or course.



The [Government's Apprenticeship application website](#) has made it easier for you to ensure you're applying to the right level apprenticeship. Instead of using the terms "intermediate", "advanced" etc, they now tell you the level and what it is equivalent to. For example, "Level 3 - Equal to A Level".



If you don't have much planned for October break and would like to spend your time helping your future self, an [online work experience opportunity](#) could be perfect. They can help you to decide if an industry is right for you and they will look great on your CV, apprenticeship applications and university personal statement. Here are a few options...



You have probably heard of accountancy and advisory services before. Think you know what professionals in this field really do? Embark on [this virtual work experience](#) to explore the world of accountancy and advisory services with BDO!



[This varied programme](#) will introduce you to a wide range of areas within the housebuilding space. From construction and site careers to marketing and tech roles, you'll come to understand how rewarding a career in property can be.



With over 350 roles in the healthcare sector, each with a unique purpose, it's time to discover your path. [This programme](#) provides valuable insights into health and social care careers, helping you take your first steps in this area. From an introduction to the sector to exploring different opportunities and responsibilities, you'll engage in quizzes, activities, and conversations with leading industry experts. Join us for a fantastic programme that prepares you for a fulfilling career in health and care professions.

## EMPLOYER SPOTLIGHT

"A career in Civil Engineering is an exciting and dynamic one. Not many industries make such a tangible difference to our civilisation, and we need to ensure that we have the best talent to meet the ever-increasing demands of our society and the ever-changing face of our infrastructure needs."

Read more about [Tony Gee Careers here](#).

## UNI SPOTLIGHT

"Join a community of open-minded thinkers and doers, where everyone is empowered to reach their full potential. Together, we'll work hard to build a better future—for you and the wider world. You can choose from 300+ degree courses. We offer flexibility so you can tailor components of your degree to suit your own interests & ambitions."

Read more about [Cardiff University Courses here](#).

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



# 10 Top Tips for Parents and Educators

## TEACHING CHILDREN FIRE SAFETY

Fire safety is especially important around Bonfire Night, as fireworks, bonfires and sparklers add extra risks for families and young children. Every year in the UK, thousands of accidents occur due to improper handling of fireworks and neglecting fire safety measures. This guide offers practical tips for keeping children safe when handling everything from fireworks to space heaters.

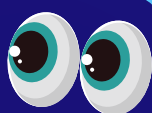
### 1 BONFIRE NIGHT AWARENESS

Bonfire Night is exciting, but it comes with several inherent risks. Educate children about the dangers of fireworks and open flames. Teach them that only adults should handle fireworks and that bonfires should never be approached. Keep children at a safe distance (at least five metres away) from bonfires and explain why supervision is crucial during these events.



### 2 SUPERVISE FIREWORK USE

Fireworks should only be handled by responsible adults who are following UK laws and guidelines. Make sure to buy fireworks that meet British Standards and adhere to all instructions that come with them. Keep children a suitable distance from any firework activity and designate an adult to supervise the event. Ensure no one goes near fireworks after they've been lit.



### 3 SPARKLER SAFETY

Sparklers are often captivating for little ones, but they can burn at extremely high temperatures – over 1,000 °C! Only allow children over the age of five to use sparklers, and make sure they wear gloves. Teach them to hold sparklers at arm's length and never wave them near others. Once a sparkler has burned out, extinguish it fully in a bucket of water – which you should prepare beforehand and always keep nearby.

### 4 ORGANISED DISPLAYS ARE SAFER

If possible, families should attend an organised fireworks display rather than holding one at home. These tend to be far safer as they're run by professionals adhering to strict safety regulations. Organised displays also provide a controlled environment where children can enjoy the event from a safe distance, reducing the risk of accidents.



### 5 KEEP FIREWORKS AWAY FROM THE HOME

If you are hosting your own fireworks display, set them off well away from homes, sheds or fences to avoid starting accidental fires. Choose a wide-open space with no flammable materials nearby and keep a means of putting out fires to hand in case of emergency – such as a bucket of water, a hose or a fire extinguisher. Afterwards, ensure that all fireworks are fully extinguished and never attempt to relight one if it doesn't go off.



### 6 BONFIRE SAFETY

If you're building a bonfire, place it well away from trees, buildings, fences or anything else flammable. Make sure it's structurally sound and not at risk of collapsing. Only burn natural materials like wood and leaves, avoiding petrol or other accelerants. Children should be kept far away from the bonfire, and it should always be supervised by adults. Be sure to fully extinguish the bonfire before you leave it.



### 7 "STOP, DROP AND ROLL"

Ensure that children know what to do if their clothing catches fire. Teach them the simple "stop, drop and roll" technique, which can quickly extinguish flames. Practice this with them before events like Bonfire Night, so they feel confident if the need to use it arises. It can also be helpful to keep another means of putting out these kinds of fires on standby, just in case. An extinguisher or flame-retardant blanket are both sound choices.



### 8 SECURE CANDLES AND OPEN FLAMES

Beyond Bonfire Night, everyday fire safety is also crucial. Candles can be a common fire hazard, especially in homes with young children. Teach children not to touch any open flames, and ensure candles are placed in sturdy holders away from combustible materials. Never leave candles, incense burners or other such items unattended, and always extinguish them fully before leaving a room or going to bed.



### 9 EDUCATE ABOUT FIREWORKS HAZARDS

Make sure children understand the dangers of playing with fire or fireworks, and how to handle such things responsibly. Emphasise that fireworks are **not** toys and can cause serious injuries when improperly used. Demonstrate the importance of treating fire with respect and the consequences of misuse, which can help temper any curiosity and any resultant dangerous behaviour.



### 10 FIRST AID FOR BURNS

Even if you have the best possible precautions in place, accidents can still happen. Keep a first aid kit on hand. Ensure you know how to apply basic first aid to burns, so you can teach children those techniques too. If someone suffers a burn, run it under cool water for 20–30 minutes. Never use creams or ointments, as these retain heat and can cause further damage. Instead, seek medical help if the burn is serious.



### Meet Our Expert

James Whelan is an experienced health and safety expert who is a Chartered Member of the Institution of Occupational Safety and Health. He provides services to educational settings and many other industries, helping them to maintain a safe working environment.



#WakeUpWednesday

The National College



- **Discover your path to adulthood!**

# Preparing for Adulthood Fair

Join us and learn about employment, education, independent living, community inclusion, and health.

Explore the stalls, connect with local support groups and attend informative sessions.

This event is free and aimed for parents/carers, young people (Year 9+), and professionals supporting those with SEND. No need to book.



Friday, 18 October, 2024  
12.00 - 4.00pm



Ground floor, Southend Civic Centre,  
Victoria Avenue, Southend-on-Sea, SS1 9SH



More info  
[www.livewellsouthend.com/PfA](http://www.livewellsouthend.com/PfA)



# Are You Interested In A Career In Teaching?



**Join us at one of our recruitment events to find out more about  
Primary or Secondary teacher training with BTSA.**

**22nd October 2024**

**2nd December 2024**

**at 7pm via zoom**

**To register email [mhoward@theappletonschool.org](mailto:mhoward@theappletonschool.org)**



**BENFLEET  
TEAM  
SUPPORTING  
ALL**

Working in Partnership with





**MindDoc – Your companion**

MindDoc, (previously known as Moodpath) aids in tracking your emotional states, identifying patterns, and providing regular mental health reports. It offers courses, meditations, sleep aids and other resources for those struggling with depression or anxiety.  
*More information at: [www.minddoc.com/us/en](http://www.minddoc.com/us/en)*



**TalkLife – Mental health peer support community**

TalkLife is an online peer support community for 16+ young people, offering 24/7 real-time moderation and clinical governance to provide instant, global support for mental health and life challenges, anytime, anywhere.  
*More information at: [www.talklife.com](http://www.talklife.com)*



**SuperBetter – Improve mental health, resilience, and social-emotional skills**

SuperBetter is a game designed for 13+ played in real life to enhance resilience, success, and tackle challenges like anxiety and depression. Playing SuperBetter can unlock heroic potential, enabling individuals to achieve goals that matter.  
*More information at: [www.superbetter.com](http://www.superbetter.com)*



**Happify – Activities and games to overcome stress**

Happify offers science-based activities and games to help overcome negative thoughts, stress, and life's challenges. 86% of users report improvement in 2 months. Free support is available, but Happify plus is a paid service.  
*More information at: [www.happify.com](http://www.happify.com)*



**Catch it – Making sense of your mood**

Catch It is a free NHS app that helps manage anxiety and depression by teaching users to view problems differently, transform negative thoughts into positive ones, and improve mental wellbeing.  
*More information at: [www.liverpool.ac.uk/it/app-directory/catch-it/](http://www.liverpool.ac.uk/it/app-directory/catch-it/)*



**Move Mood – Low mood and depression**

Move Mood is an app developed for teenage mental health and uses the evidence-based treatment Behavioural Activation Therapy to help you improve your mood. Encouraging you to increase your motivation to carry out a variety of tasks to help you to move forward, take control and feel positive.  
*More information at: [www.moodmove.co.uk](http://www.moodmove.co.uk)*



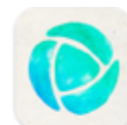
**Calm Harm – Manage self-harm**

Provides tasks that help you resist or manage the urge to self-harm and it's completely private and password protected. It uses ideas from an evidence-based therapy called DBT.  
*More information at: [www.calmharm.co.uk](http://www.calmharm.co.uk)*



**Stay Alive – Suicide prevention**

This app is a free pocket suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis.  
*More information at: [www.stayalive.app](http://www.stayalive.app)*



**Thrive – Mental Wellbeing**

Thrive is a game-based app provided by the NHS, helps you prevent and manage stress and anxiety by providing relaxation techniques to help you live a happier, stress-free life.  
*More information at: [www.thrive.uk.com](http://www.thrive.uk.com)*



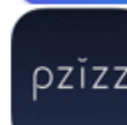
**Smiling Mind – Meditation**

Smiling Mind is a non-for-profit web and app-based meditation program developed by psychologists and educators to help bring mindfulness into your life.  
*More information at: [www.smilingmind.com.au](http://www.smilingmind.com.au)*



**Calm - Sleep, Meditate, Relax**

This app offers meditations including guided meditations and sleep stories.  
*More information at: [www.calm.com](http://www.calm.com)*



**Pzizz - Sleep, Nap, Focus**

The Pzizz app, provided free by the NHS, uses "dreamscapes" containing music, voiceovers, and sound effects to help users fall asleep quickly, stay asleep, and wake up refreshed, promoting better sleep and power naps.  
*More information at: <https://pzizz.com/>*



**Headspace – Mindful Meditation**

Through science-backed meditation and mindfulness tools, headspace helps you create life-changing habits to support your mental health and find a healthier, happier you.  
*More information at: [www.headspace.com/about-us](http://www.headspace.com/about-us)*



**WYSA: 12+ Depression & Anxiety therapy**

An 'emotionally intelligent' penguin that learns to react to the emotions you express. Over time it gets to know you better and proactively reaches out to help you.  
*More information at: [www.wysa.io](http://www.wysa.io)*



**Clear Fear – Ways to manage anxiety**

Face your fear with the free Clear Fear app and learn to reduce the physical responses to threat as well as changing thoughts and behaviours and releasing emotions.  
*More information at: [www.clearfear.co.uk](http://www.clearfear.co.uk)*





## Helplines:

Childline: call 0800 11 11

Samaritans: call 116 123

Papyrus HOPELineUK: call 0800 068 41 41

Shout: text SHOUT to 85258

## Websites:

Moodjuice: [www.nhsinform.scot/illnesses-and-conditions/mental-health](http://www.nhsinform.scot/illnesses-and-conditions/mental-health): a self-help site full of resources and booklets for dealing with anxiety, depression and other difficulties

Kooth: [www.kooth.com](http://www.kooth.com): online free counselling support and discussion boards

The Mix: [www.themix.org.uk](http://www.themix.org.uk): support service for young people; with information, forums, a helpline and a free counselling service

Togetherall: [www.togetherall.com/en-gb](http://www.togetherall.com/en-gb): online community where people support each other anonymously to improve mental health and wellbeing

Moodgym: [www.moodgym.com.au](http://www.moodgym.com.au): free web-based CBT programme, which includes modules on assertiveness and inter-personal skills

NHS: [www.nhs.uk/mental-health/self-help/tips-and-support/mindfulness/](http://www.nhs.uk/mental-health/self-help/tips-and-support/mindfulness/): mindfulness resources

