



## Headteacher's Comment:

The year is almost at an end, but Chase High continues to strive for excellence, whether through the amazing theatrical performances from our pupils and staff in the Christmas Panto or the unrivalled generosity of our parents and carers in donating tins for the local food bank. The pupils, staff, and community never fail to make me smile with pride. Our neighbours at Lancaster School will be celebrating their final day in our school canteen next week, and I wish them all the best for the new year. **A reminder that next Friday is the last day of term, and pupils will be dismissed slightly earlier than normal at 14:10.** Have a lovely weekend, and I look forward to seeing you all next week.

#ProudToBeChase



## Christmas Jumper Day:

We will be holding a Christmas Jumper Day for all staff and pupils on **Friday 20 December 2024** to raise money for our Friends of Chase. **Please ensure jumper is worn with school uniform, under blazer.** The Friends of Chase run different events throughout the year raising money to fund specific activities and resources for the direct benefit of pupils at Chase. A £1 donation will be collected through tutor groups. **Please click here to see a copy of the letter here.**



## Silent Cinema Reward:

Last week all pupils who received 100% attendance and 100% punctuality in the first half term were given the opportunity to attend the Silent Cinema event. The Silent Cinema Company set up a 30ft screen and gave pupils individual pairs of silent disco headphones to enable them to watch The Grinch in a fun way. Pupils were also treated to bags of popcorn and drinks to enhance their cinema experience. Congratulations to everyone who was invited to this event.



**Ruby - 250**

**Sapphire - 200**

**Emerald - 175**

**Topaz - 170**



## Tin Challenge Leaderboard:

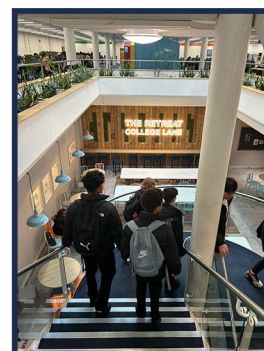
With only a few school days left, here is how the leaderboard currently stands:

**Can Ruby keep the lead or will Sapphire bounce back????**



## Hertfordshire University Trip:

Year 13 students visited Hertfordshire University yesterday to explore what life as a university student would be like. They were given a tour of the campus by a student ambassador and participated in personal statement and finance workshops.



# ! Save the date:

Year 9 Options Evening will be held on Thursday 9 January from 17.00 to 19.00

## Library Fayre:

The library has been a hive of activity this week with the annual Christmas Fayre. The librarians have decked out the library in Christmas colours and everyone has enjoyed getting into the festive spirit. There has been a cake sale with plenty of delicious treats, a tombola and a raffle for students to partake in. Overall, it has been a great success! The money raised will be purchasing specialised books and resources for our library to help promote a culture of reading with our pupils.



## Dates for your Diary:

16.12.24 – 20.12.24 Celebration Assemblies

18.12.24 Christmas lunch/P16 Honours Assembly

19.12.24 Honours Assemblies /Year 10 Parents' Evening

20.12.24 Last day of Term/Christmas Jumper Day – **Pupils will be dismissed at 14:10 on 20 December 2024**

06.01.25 Return to School on Week 1 Timetable



**DISCOVERY**  
EDUCATIONAL TRUST

**Chief Executive Officer: Mr R Duff**

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

# 10 Top Tips for Parents and Educators

## SAFETY OVER THE FESTIVE SEASON

The holiday season, marked by Christmas and New Year, brings joy and togetherness but also presents unique safety challenges for children, families and educators. From busy holiday shopping, traveling and family gatherings to managing digital activity during school breaks, staying safe during this period requires heightened awareness. This guide offers practical tips to help families and educators maintain a more secure and fulfilling festive period.

### 1 MONITOR DIGITAL ACTIVITY



Children spend more time online during school holidays, increasing exposure to potential dangers such as cyberbullying, inappropriate content and online predators. Balancing screen time, avoiding harmful websites and ensuring children engage positively online can be difficult without proper monitoring tools. Set clear boundaries, encourage open discussions about online safety and use parental controls to manage content exposure and screen time effectively. Regular check-ins and positive reinforcement around digital habits encourage safe online behaviour.

### 2 PRACTICE FIRE SAFETY PROTOCOLS



The incidence of house fires increases during Christmas due to greater use of candles, cookers and electrical decorations. Open flames, electrical overloads and the need for quick response plans can make fire safety challenging. Ensure smoke detectors are operational, keep fire extinguishers on hand and teach children how to respond in case of a fire emergency. Avoid leaving cooking unattended and use fire-safe candles to prevent mishaps.

### 3 CREATE TRAVEL SAFETY PLANS



More families tend to travel during the holidays, resulting in busier roads, increased traffic accidents and weather-related hazards. Weather conditions, road rage, fatigue and busy airports can all compromise travel safety. Pack emergency kits and adhere to seatbelt laws. Plan routes in advance and allow extra travel time to avoid rushing and mitigate risks on busy roads.

### 4 BEWARE OF ALLERGIES



Holiday meals often involve many foods that may contain allergens. Cross contamination, unclear labelling and lack of allergy-friendly options can lead to severe reactions. Communicate any allergy needs to hosts, provide safe food alternatives and carry necessary medications like antihistamines or EpiPens. Teaching children how to advocate for themselves and recognise dangerous foods also contributes to safer celebrations.

### 5 PREVENT THE SPREAD OF ILLNESS



Cold weather and seasonal socialising can increase the spread of viruses like flu and COVID-19. Crowded gatherings, schools out of session and frequent travel can lead to higher infection risks. Emphasise hygiene, encourage vaccination, disinfect surfaces and isolate symptomatic individuals. Communication with children about proper hygiene practices is essential to reduce the spread of illness.

### 6 STAY VIGILANT ON THE ROAD



Increased holiday traffic heightens the risk of accidents for both drivers and pedestrians. Distracted driving, pedestrian safety and inclement weather can complicate road safety. Encourage pedestrian safety practices, avoid distracted driving and never drive under the influence.

### 7 MAINTAIN SAFE DECORATIONS



Festive decorations such as Christmas lights and candles can pose electrical, fire and choking hazards if mishandled. Frayed wires, toppling Christmas trees, small ornaments and open flames can be difficult to control, especially in busy households with children. Inspect and maintain decorations, secure Christmas trees, place fragile or small items out of reach and ensure candles are never left unattended. Testing smoke alarms and using flame-retardant decorations can significantly reduce risks.

### 8 SET BOUNDARIES FOR GIFTS



Some toys and gadgets can present choking, sharp-edge or safety risks, particularly for young children. Ensuring that gifts meet safety standards and are age appropriate can be complex with so many options available. Inspect all toys carefully and ensure any tech devices have parental controls. Setting expectations around safe gift use and discarding packaging that poses a risk also helps to prevent accidents.

### 9 ADDRESS STRESS & FATIGUE



Holiday pressures can lead to burnout, which affects both physical and mental health. Overpacked schedules and a lack of downtime can cause stress and fatigue, leading to accidents or poor decision making. Incorporate rest, maintain regular routines and seek support to reduce stress. Encourage activities that promote relaxation to create a healthier, happier holiday experience for everyone.

### 10 DRINK RESPONSIBLY



Alcohol is commonly present at holiday events, raising concerns about safety and supervision. Excessive alcohol consumption can lead to accidents, impaired judgment and lack of supervision for children. Designate responsible adults, limit consumption and provide transportation alternatives for guests. Teaching moderation and modelling responsible behaviour in front of children ensures that celebrations remain positive and secure.

## Meet Our Expert

James Whelan is a chartered health and safety consultant with 10 years of experience in promoting family and community safety. Specialising in risk assessment and preventative strategies, he has worked with educational institutions, public health agencies and community groups to deliver safety education and training.



#WakeUpWednesday

The National College



# 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



Santa isn't offering an apprenticeships to support his logistics operations this year, but did you know that there are hundreds of positions in logistics and supply chain available every year?

If you want to learn more about this, you can take part in this Business and management studies Subject Spotlight with Mark Bentley from Anglia Ruskin University. The session is called "Managing Supply Chains: an imperative for business success".



Although England and Scotland are both part of the UK, their Higher Education offers are very different. You can read more about this in the Better Uni Choices super quick guide to Scottish universities.



Inspired by the spellbinding *Wicked*, only in cinemas from November 22, Into Film have created a new careers resource to help students aged 12-18 unleash their magic upon the world.



Whether you're just starting out or taking your learning further, Swift Coding Clubs are a great way to expand your app development skills. There's so much you can do together. Explore new technologies, build your own apps, network for career opportunities, and more. Assemble your team and you can enter Apple's Swift Student Challenge!



Unloc and Verizon Business have launched the annual Young Entrepreneurs Challenge for 2024. Now in its sixth year, the challenge is open to European entrepreneurs aged between 16-25 years old, who can submit their technology-led start-up business concept online. The winner will receive £10,000 (€12,000\*), mentorship and a technology package to launch their business.

## JOB OF THE WEEK



Transport Planner

Transport Planners develop strategies to improve travel for people and goods, while considering a wide range of issues such as safety, climate change, the economy, and the environment. They improve and manage transportation systems at local, regional, national, and international levels. Watch the video to learn more.

## LABOUR MARKET INFORMATION FACT

0.6% of boys in England who want to become football players make it.

91% of academy footballers end up never playing a single game as a professional.

Source

So... If playing football professionally is your plan A, what's your plan B?

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



# CAREERS NEWSLETTER

## OPPORTUNITIES

Do you think you might have some spare time over the Christmas break? Here are some online quizzes, games and opportunities you can take part in to help you learn more about different industries and plan your future...

### [Panjango online](#)

PLAY

Panjango Online allows you to explore a gamified world of work and gives your learning context/purpose by directly linking the curriculum you learn in the classroom to real world challenges.

### [UCAS Career Quiz](#)



Find your ideal job matched to your personality and a list of courses previous students studied in order to get there. The UCAS Careers Quiz can help you decide what job you should do.

### [Springpod online work experiences](#)



Navigating the world of work can be daunting and stressful. We understand, we've been through it with thousands of students, we feel your pain. Complete the Springpod experiences any time around your studies and begin your career planning now.

### [UniTasterDays webinar taster sessions](#)



These impartial videos have one key aim; to support students who are considering university to make informed future subject decisions. They feature guest speakers from a range of different universities, who are always experts in the subject being explored.

### [Unibuddy](#)



This is a platform that connects prospective and current students with each other, it's designed to help students learn about university life, and feel confident about their transition to university.

### [Apprenticeship Activity Packs](#)



These interactive activity packs have been designed for different year groups to help support students in discovering more about their career options after school or college to ensure that they make the right career choices for them.

## EMPLOYER SPOTLIGHT

"Wincanton is a leading supply chain partner for British business. A trusted partner to many of the UK's most recognisable brands and influential public bodies. We have a number of programmes designed to grow a diverse talent pipeline and develop the future generation of Wincanton leaders and technical experts."

Read more about [Wincanton Careers here](#).

## UNI SPOTLIGHT

"At Leeds, you'll gain new skills & experiences whilst taking advantage of our life-changing opportunities that will be invaluable to you, personally and professionally. We will challenge you to explore, question and discover. Join the next generation of independent critical thinkers - shaping the world around you."

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

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

# 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.

29th January 2025

26th February 2025

26th March 2025

at 7pm via zoom

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



BENFLEET  
TEAM  
SUPPORTING  
ALL

Working in Partnership with





BENFLEET TEAM  
SUPPORTING ALL

## Teaching Internship



Do you know someone studying a Physics, Chemistry, Maths, Computer Science or Languages interested in teaching as a career?

They could earn £425 a week on our three-week DfE teaching internship programme starting in June 2025 in secondary schools across South Essex and Southend-on-Sea.

To find out more email

[mhoward@theappletonschool.org](mailto:mhoward@theappletonschool.org)

**Teaching** 

Every Lesson Shapes a Life.