



Headteacher's Comment:

Welcome back to the start of another exciting half term. As quickly as the summer disappeared the festive period will be upon us. I would like to take this opportunity to thank Mr Lewis and the rest of the senior team for leading the school in my absence the week before the holidays due to my paternity. I am excited to be back, albeit with a little less sleep each night than I am accustomed to.

#ProudToBeChase



Remembrance Event:

The Chase High Community proudly paid their respects at our annual Remembrance Event on Monday. Mr McDonnell commented and Miss Koutas read 'Flanders Fields' during the service, which ended with a two minute silence. Pupils heard a Bugler perform the Last Post and Reveille and our fantastic Chase High cadets, led by Sergeant Macdonald, paraded on the field. We were also honoured to have members of the Leigh on Sea Royal British Legion join us for the service. Our guests all commented how they were overwhelmed by both the politeness and respect our pupils showed at the remembrance service.



British Legion Performance:

Well done to Gabi and Charlotte in Year 10 for giving up their time to perform and support the Royal British Legion Poppy Appeal during the half term. The organisers were delighted with their performance, including the Deputy Mayor, who said they are an absolute credit to Chase High School.



Apply to our Sixth Form:

Our Sixth Form is now accepting applications for September 2025. We offer A Level, vocational, and beauty therapy courses. Both female and male students also have the opportunity to join our Chelsea Football Academy. Please click the link or scan the QR code to apply now:

[CLICK HERE TO APPLY NOW!](#)

If you would like to book a tour or speak to a member of the Sixth Form team, please email sixthform@chasehigh.org.





Year 7-10 Flu Immunisations:

The SE School Aged Immunisations Team will be visiting Chase High School on Thursday 5 December and Friday 6 December 2024 to administer the annual Flu Vaccination. The consent for this year's vaccination is via an electronic form on the following link:

<https://forms.office.com/e/8yjrNMTFg8>

If you did not receive an email confirmation for your completed consent form/s, please complete and resubmit your consent form to ensure this has been received by the team. If you require support to complete, please contact the team on 0300 790 0597 option 1.



Accelerated Reader Leaderboard:

Evie 7E1	1,199,955 words
Jack 7T2	1,193,093 words
Sophie 7E2	663,517 words
Gillian 8R1	299,133 words



Sports Round- Up:

Chase pupils competed really well at the Borough Cross Country at Blenheim Park this week! Beth was the highest placed finisher in Year 7, Mia the highest in Year 8 and Scarlett the highest in Year 9. The girls came sixth overall, great effort!

The best placed finishers from the boys were Malachi in Year 7, Dexter in Year 8 (an amazing 13th place), William in Year 9 and Tolu in Year 10. The boys finished fifth, the top co-educational non selective school, so well done to them.

The below after school practises are cancelled next week due to fixtures:

Wednesday 20 November 2024 - Year 9 Boys Basketball/ Year 10 Football.

Thursday 21 November 2024 - Girls Rugby/Year 10 Boys Basketball.



Dates for your Diary:

20.11.24 Lee Valley Indoor Athletics Cup
 25.11.24- 29.11.24 LORIC WEEK
 27.11.24 Year 10 Christmas Carol Trip

28.11.24 Year 8 Prince Charming Workshop
 29.11.24 Friends of Chase – Year 7 Winter Ball
 05.12.24/06.12.24 Flu Immunisations



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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10 Top Tips for Parents and Educators

TEACHING CYCLE SAFETY

Cycling is an amazing way to spend quality time together as a family, as well as keeping everyone healthy and active – and it's an excellent exercise, whatever the age of your children. Getting started can sometimes be daunting, and there are obvious safety concerns over youngsters who are still getting used to a bike – so follow our top tips to help you ride with confidence.

1 CONSIDER CYCLE TRAINING



Courses like Bikeability are extremely useful, and training in general has come a long way since cycling proficiency began; there are Bikeability courses for adults, too. Cycle training teaches invaluable skills (such as good road positioning, signaling and visibility), and can help both parents and children feel more at ease on busy streets.

2 USE A SUITABLE BIKE



Find a bike of an appropriate size for its rider and resist the temptation to have children 'grow into' theirs by buying one too large for them. A bigger bike will be heavier and more difficult to control, making accidents more likely and potentially putting youngsters off cycling forever. If your child has any specific physical needs, or has dyspraxia, then try out a trike, handcycle or other adaptive cycle to see what works best.

3 TRY A CARGO BIKE



Cargo bikes, particularly the box-bike style, are ideal for transporting small children around. Depending on the type of bike chosen – as well as the size and age of the children – it can be possible to transport up to four little ones in this way, with additional space for other cargo as well.

4 INSPECT YOUR CYCLE



It's a good idea to do some routine checks on any bike before going for a ride to make sure everything's working correctly. The 'M check' is particularly useful: assessing the condition and position of the bike's wheels, handlebars, brakes, pedals, chain and saddle, working from front to back. Online tutorial videos can also teach you how to carry out basic repairs if needed. For more complicated fixes, head to your local bike shop.

5 BRING SUITABLE GEAR



Ensure whatever you're wearing, and any attachments for your bike, are suitable for the ride. A waterproof jacket will let you cycle safely in almost any weather. Make sure any helmets are fitted correctly. If you're riding after dark, remember to fit your bikes with a white front light, a red rear light and a red rear reflector. These are required by law.

6 STICK TO FLAT TERRAIN

Take a smooth, flat route if possible, so it's more suitable for younger cyclists. You might be surprised by how many quiet roads or back streets there may be in your area. Don't be put off by an indirect but easier path as opposed to a shorter, busier one. Look out for the National Cycle Network, canal towpaths and even parks that you can cut through.

7 STAY ALERT AND IN SAFE FORMATIONS



For maximum protection and visibility, ride in a line with children in the middle and adults at either end. If you're the only adult present, take up a position at the rear to ensure all children remain in your sight. Don't be tempted to hug the kerb if cycling on the road – riding approximately a metre out will make you more noticeable to other road users, and you'll also stay clear of any debris in the gutter.

8 AVOID PARKED CARS



When riding past parked cars, try to stay at least a metre away, just in case anyone inside opens a door unexpectedly or the vehicle itself starts to move. This precaution will also deter anyone driving behind from trying to squeeze past you when there isn't enough space, so don't be afraid to ride in a prominent position.

9 START A 'BIKE BUS'



Cycling to school with other families is a potentially fun experience – one which comes with the added benefit of safety in numbers, in case anything goes wrong along the way. Team up with other parents, carers and educators and pick a day to cycle to school together. Who knows – maybe, in time, you'll have other folks asking to join you?

10 HAVE FUN!



Keep in mind that cycling should be fun! A good bike ride can be really enjoyable for adults and children alike, while also being a superb form of exercise. Ease children into the hobby by starting them off with shorter journeys – such as a trip to the park – and build them up to longer, more complicated outings. Some children may get bored on a longer ride, so try to keep a conversation going with them.

Meet Our Expert

Sophie Gordon is the campaigns manager at Cycling UK, a charity which inspires and enables people to start cycling. She has spent six years campaigning for safer roads and more protected cycle paths, while supporting communities to call for better cycling conditions where they live.



The National College

Young people are needed to help build the NHS of the future

Get involved this November 2024 with

✧RCPCH&Us



Young people are needed to help build the NHS of the future

The NHS has been around for over 75 years and gives UK residents access to free health care when they need it. The UK Government has just launched the biggest ever public conversation about the future of the NHS.

Very often children & young people are left out of these conversations, but we feel that it is important to include you & have your thoughts & ideas represented. It's your NHS & we want to make sure you have a health service that supports your needs.

We are asking children & young people in England to have their voice heard on how to make the NHS fit for children & young people. We will take all the answers and submit them on behalf of children & young people, so that your views are heard.

**Complete the survey by
17 Nov 2024**



RCPCH 2024. The Royal College of Paediatrics and Child Health is a registered charity in England and Wales (105774) and in Scotland (SCO38299)

 and_us@rcpch.ac.uk

✱RCPCH&Us

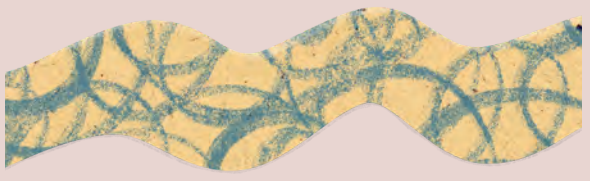


SOUTHEND SEND YOUTH VOICE

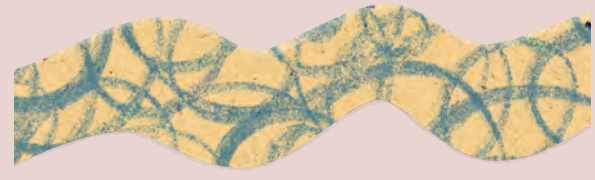


**DO YOU HAVE SPECIAL
EDUCATIONAL NEEDS AND
ARE AGED 11-25?**

**A PLACE WHERE YOU CAN SHARE
YOUR EXPERIENCES, THOUGHTS
AND FEEDBACK, TAKE PART IN
FUN ACTIVITIES AND MAKE THE
IMPORTANT CHANGES NEEDED TO
IMPROVE THE LIVES OF CHILDREN
WITH SEND IN SOUTHEND.**



**THURSDAY 28TH NOVEMBER
4.30PM-6.00PM**



**FRIENDS AND PLACES TOGETHER, TOP FLOOR,
UNIT 13 VICTORIA SHOPPING CENTRE (NEXT TO
INDI ROCK)**

**HALF TERMLY MEETINGS IN THE EVENING WITH
FOOD AND REFRESHMENTS PROVIDED**

**EMAIL ME TO BOOK YOUR SPACE
JADEWELLER@SOUTHEND.GOV.UK**