



Headteacher's Comment:

Highlights of my week at Chase High have included hearing the rehearsals for the upcoming Panto, organising the girls' break and lunch football club, and taking the opportunity to walk around the school with various visitors and members of staff to see the excellent behaviour and attitude of our pupils. Thank you to all who have already brought in tins for the 2000 Tin Challenge. If you haven't yet checked your cupboard, please do, as the more we collect, the better the festive period will be for those less fortunate.

#ProudToBeChase



Photography Online Visit:

This week, our Year 12 A Level Photography students were excited to welcome Joel Robison, a renowned conceptual portrait photographer. Joel is known for his whimsical and imaginative portraits that blend reality with fantasy. His work has been featured by companies such as Coca-Cola, Heineken, Microsoft, and Adobe. Students engaged in a Q&A session, sharing insights into his journey as a professional photographer, discussing creative processes, and offering advice for aspiring photographers.



Karate Success:

A huge congratulations to Ana, one of our Year 7 pupils who completed her recent karate grading, achieving her black belt. Well done Ana, this is a huge achievement.



Christmas Lunch – Wednesday 18 December:

There will be an opportunity for pupils to purchase and enjoy a Christmas lunch on Wednesday 18 December. The cost will be £4.00. Pupils in receipt of free school meals, who choose the Christmas dinner option, will have this paid in full. Pupils will also be able to purchase the usual alternatives such as paninis, pasta pots, sandwiches etc.



School Meals and End of Day – Friday 20 December:

On Friday 20 December, there will be **no hot meals** available for pupils at lunch time as we are hosting Lancaster School's Christmas dinner. There will be the usual hot food served at break time and other options such as paninis, pasta pots and sandwiches available from the London Building Cafeteria and the Food Cube at lunch time. School will finish at 14:45 on Friday.



Year 7 Winter Ball:

On Friday, our Friends of Chase hosted a Winter Ball for Year 7 pupils, giving them an opportunity to celebrate completing their first half term at Chase High School. The Winter Ball was a really fun event, allowing pupils to dance and enjoy their time with their peers. The pupils' behaviour was great, allowing the event to run smoothly. Thank you to all pupils who attended, raising over £570 for The Friends of Chase.



Jack and the Beanstalk:

Rehearsals are well underway for the Jack and the Beanstalk Pantomime. Pupils have been working hard learning dances, songs and lines to make this year's Christmas production the best yet! The show is lots of fun for the whole family and pupils are excited to perform to an audience. Performances are taking place on Wednesday 11 December at 17.00 and Thursday 12 December at 19.00. Tickets are available on Parent Pay.



Year 10 Parents' Evening:

We are holding our Year 10 Parents' Evening online on Thursday 19 December from 16.00 and hope all parents/carers take advantage of speaking with staff about the child's attainment and engagement. The booking system is now open. If you are having difficulties in booking appointments, please contact Mrs Westover, Deputy Head of Year 10. **Click here to book now.**



RSE Drop In:

Parents/Carers are invited to attend our RSE (Relationships and Sex Education) drop in session on Tuesday 10 December between 15.15 and 16.00. It will be held in LG3 in the London building.



Gifts and Hospitality:

As we approach the end of term, you may have seen that many shops and supermarkets are using the end of the autumn term to promote the giving of token gifts to teachers to say thank you. I must stress that this has never been and never will be expected by any member of CHS staff. However, if you or your child/ren would like to say thank you in this way; please ensure that you refer to the Trust's Gifts and Hospitality Policy; **available here**, which details the monetary values that members of staff are allowed to accept.



Dates for your Diary:

9.12.24 – 13.12.24 Library Christmas Fayre	18.12.24 Christmas Lunch/P16 Honours Assembly
10.12.24 RSE Parents' Information Meeting	19.12.24 Honours Assemblies /Year 10 Parents' Evening
11.12.24/12.12.24 Pantomime	20.12.24 Last Day of Term/Christmas Jumper Day
16.12.24 – 20.12.24 Celebration Assemblies	



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9-13TH DECEMBER

Christmas Fayre

Cake Sale

Raffle

Tombola

Cakes, Cookies, Sweet Bags,
Candy Canes and Sherbet,
Cupcakes, Rockie Road,
Brownies, Millionaire
Shortbread, Muffins
and much more!

**IN THE LIBRARY
AT BREAK AND LUNCH**



What Parents & Educators Need to Know about MENTAL HEALTH & WELLBEING APPS

When looking at options for supporting a child's mental health, the sheer volume can be overwhelming. There are many wellbeing apps available, but unfortunately not all are trustworthy. It's important to evaluate which resources are suitable, reliable and effective. This guide lets you know what to consider before installing such an app, to determine just how useful it's going to be.

WHAT ARE THE RISKS?

QUALITY & RELIABILITY

Mental health apps can be a useful starting point when looking for wellbeing advice and strategies and can be a useful extension to the in-person services available. However, they aren't a substitute. Information on the quality of some of these apps is scarce. They may look cute and child-friendly, but have they been designed by a mental health professional? Furthermore, do they have research to back up their content?

PLACE RESPONSIBILITY ON CHILDREN

Some apps add the words 'kids' or 'children' to their title or use cartoon icons to make them more appealing to young people. When signing up for some of these apps, some will speak to the parent directly, saying something along the lines of "Your child is good to go. Let them take it from here". It's important to remain involved in the child's mental health journey, so regular check-ins are recommended.

DISREGARDING APPROPRIATE SUPPORT

Young people who feel anxious and have trouble sleeping may download a mindfulness app to help. While this is a good strategy initially, it's not addressing the root of the problem. A child could simply try managing these symptoms themselves (as opposed to speaking out and seeking professional help), which could potentially worsen their anxiety in the long run.

LACK OF PERSONALISATION

Mental health or wellbeing apps are useful tools for the short term, teaching users several helpful habits to manage their condition – such as keeping an illness diary, improving nutrition and practising mindfulness exercises. As every person is unique – and children especially will grow and develop in different ways – these apps struggle to tailor themselves to users' individual needs. For example, many apps don't distinguish between the ages of users and can offer extremely generic advice.

DATA SECURITY

As with any other app – not just those for mental health and wellbeing – it's wise to check out the privacy policy before downloading it. Some of these applications may share data with third parties for numerous reasons (such as targeted advertisements), and if a user is sharing personal and sensitive information within the app, they probably don't want it ending up elsewhere without their consent.

IN-APP PURCHASES

Many apps will provide their most basic features for free but will require you to pay for other aspects – such as a more tailored experience or access to additional resources. This could be a one-off fee or a regular subscription. Consider whether this is actually required. Is it benefiting the child, or could they receive the same support from a medical professional?

Advice for Parents & Educators

CHECK THE CREDIBILITY OF THE APP

Before you download a mental health and wellbeing app, investigate the developers. Have they consulted with qualified mental health professionals to create their resource? Also check whether the app is affiliated with any government or mental health organisations, as these are solid indicators of legitimacy. Reviews can also be a useful signpost to the app's quality. There are many good apps out there, but there are just as many that miss the mark.

READ THE PRIVACY POLICY

Look into the app's terms of service – especially its privacy policy. Do so by yourself first, then go over it with the child who is considering using the app, to ensure they know what data will be collected and how exactly it will be used. Use all of this information to make an educated decision on whether or not to download that particular app.

SEEK PROFESSIONAL SUPPORT

Trusted mental health and wellbeing apps designed by qualified, reputable organisations can be used alongside the personalised advice and support of fully trained professionals. These apps should never be considered a substitute for counselling or other tailored medical help. If you have real concerns about a child's mental wellbeing, you should seek appropriate advice from a suitable source, such as their GP – or Childline, who can be contacted by calling 0800 1111.

ENCOURAGE OPEN COMMUNICATION

Mental health and wellbeing apps can be useful for writing down feelings, tracking your own health and other such activities. These can help if the problem is short-term and temporary – such as a child getting stressed about approaching exams – or if you're currently waiting for professional support. Nonetheless, it is important that children aren't solely reliant on the app and have a safe space to talk about their feelings and experiences in the real world.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



The National College