



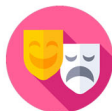
Headteacher's Comment:

In Christmas jumpers, bright and bold,
Our pupils shone, a sight to behold.
Honours assemblies, a celebration grand,
Recognising achievements, hand in hand.

A breakfast hosted, a special delight,
For top pupils gleaming, their futures so bright.
From every family, a generous deed,
Over 1,400 tins, our community's need.

With gratitude, we reach out and share,
Supporting the Southend Foodbank with care.
And let's not forget the joyous cheer,
From "Jack and the Beanstalk," our festive premiere.

As the holidays approach, let joy take flight,
Wishing you all a season so bright.
May your days be joyful, your hearts feel light,
Enjoy the festivities, and restful nights!



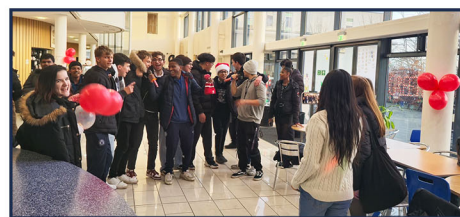
Panto:

A huge well done to the cast and crew of our school Panto, Jack and the Beanstalk! During show week, the cast performed to over 1000 people. In total they performed seven shows, including two brilliant evening performances, three performances to local primary schools, and two to Chase pupils. The whole cast and crew worked really hard to put on a very enjoyable performance; from the dancers, singers and backstage crew, to the Panto Dames, Daisy the cow and not forgetting the giant chicken!



Sixth Form End of Term Celebration:

On Wednesday, Sixth Form celebrated all of their students' achievements this term and held an Honours assembly. During enrichment they celebrated the end of term with a pizza party and a karaoke session!



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Honours Assemblies:

This week we have been celebrating pupils' achievements at our Honours assemblies. In these assemblies, pupils are recognised for excelling in a subject area, having 100% attendance and collecting house points. This term there were also special awards given for the 'Head of Year Award' and 'Headteacher's Award.' Students enjoyed a number of music performances throughout the assemblies. Congratulations to everyone who received an award!



Tin Challenge:

Pupils at Chase High School have once again succeeded in their Christmas Tin Challenge for the Southend Foodbank. Mr Sutenwood is pictured with pupils from Years 7 to 10 who organised the collection of tins every day from tutor groups. The hundreds of tins collected will be distributed through the Southend Foodbank network to help make Christmas a little bit merrier for those in need in our community. Thank you to everyone who donated.



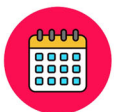
Careers Networking Event:

The Careers department needs your help! On Monday 20 January, we will be holding our annual Careers Fair for Year 10 and Year 12 students. If you have time to spare, or someone from your place of work would be willing to sit with some of our students and talk about their career, please contact lauri.procter@chasehigh.org for more details.



Year 7 Christmas Cards:

Throughout December, pupils in tutor group 1 ISS have been creating and distributing Christmas cards to all Year 7 pupils to congratulate them on their first term at the school. The cards aimed to pass on inspirational messages to pupils and build a positive relationship between year groups. Year 7 pupils were delighted to receive them!



Dates for your Diary:

06.01.25 Return to School on Week 1 Timetable 23.01.25 Year 11 Parents' Evening
9.01.25 Year 9 Options Evening



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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



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

17th - 26th January is London's Short Film Festival. The London Short Film Festival (LSFF) is the UK's leading short film festival, now in their 22nd year. Founded as the Halloween Film Society in the early 90s, they are now a BAFTA and BIFA qualifying, internationally-regarded independent festival. Each January, LSFF hosts ten days of short films, live events, Q&As and multidisciplinary curation.

To celebrate, we are dedicating this week's edition to all things film, cinematography and videography.



Into Film are a charity who champion and realise the potential of film, cinema and moving image to create inspiring, inclusive learning experiences. Their Step into Screen Careers resources provide you with a range of information and activities to get you thinking about the types of roles available in the screen industries.



For every actor (exc. extras) on a high-end production, there are on average 10 people who work behind the scenes! You can read this guide from ERIC to learn more about the TV & Film Industry.



RTS have a comprehensive list of career options in the TV world for students to learn from.



BAFTA plays a major role in supporting the next generation of film, games and TV talent. Striving for progressive industry and cultural practices is at the heart of what they do as a charity. Alongside their wide range of learning events and inspiring and informative content, our talent programmes champion creatives and practitioners across the screen industries, regardless of background or life experience. Our expert members help us to not only seek out but also offer tailored career support to over 3000 people every year.

JOB OF THE WEEK



Location
Manager

A location manager is a key figure in the production of a film or TV show, responsible for finding and managing the filming location. They work closely with the director and production designer to ensure the location matches the creative vision of the project.

Watch the video to learn more.

LABOUR MARKET INFORMATION FACT

In 2019, 84,000 people were employed in the film industry, the third highest figure since 2010.

Total film industry turnover increased by 86.5% between 2014 and 2018, rising from £9.1 billion to £17 billion.


Source


If you have any questions or need support, please email careers@chasehigh.org





CAREERS NEWSLETTER


OPPORTUNITIES


 Film studies unlocks the magic of storytelling, and opens a world of imagination, culture, and human connections through the lens of cinema. You can read the [UCAS subject guide](#) to find out more about how much you could earn, routes into the industry etc.

 Are you thinking of studying Film Studies at university? If so, check this out! This is a [Film studies Subject Spotlight](#) with Nicholas Glean from the University of Sunderland. An interactive, cinematic course taster experience to allow students to gain insights into what it's like to study Film studies.

 If you're thinking about what the next right step is for you – it could be an apprenticeship, maybe you're thinking about university, or perhaps you want to dive straight into your first 'proper job' - the [BBC's 'GET IN' Taster Experiences](#) offer you the chance to explore the different career paths the BBC has to offer and to find out if our organisation is somewhere you'd like to work in the future.

 Channel 4 are delighted to announce the re-launch of their [Virtual Work Experience Platform](#), after a fantastic year in 2023, which saw 2,000+ people undertake the programme. Learn in your own time, and complete true-to-life tasks, set by our teams across Channel 4. This programme will be open to anyone 14+ years old, based in the UK and interested in gaining an in-depth understanding of the UK media industry.

 When you think of TV and film, what comes to mind - red carpets and awards? In this [Springpod Virtual Work Experience](#), we're going to pull back the curtain and discover what a career in TV and film really looks like, from popular film theory to what happens in post production, you'll get a backstage pass.

 Here are some sixth form and/or college courses that you could take that relate to this subject area: Film Studies, Media, Photography, Drama, Performing Arts, BTec Level 3 in Creative Practice.

EMPLOYER SPOTLIGHT

"We are in the top 50 Apprenticeship Employers in the UK and the industry leaders in early careers, hiring more than 250 new apprentices each year. As one of the world's most creative and technologically-advanced organisations for the last 100 years, we are committed to skills and talent development both inside and outside the BBC."

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

UNI SPOTLIGHT

"MetFilm School and Metstudios courses equip you with the best tools and expertise required to develop a fulfilling and sustainable career in the film, television, games and digital media industries. Our students are taught by award-winning professionals with numerous industry awards and nominations."

Read more about [MET Film School here](#).

If you have any questions or need support, please email careers@chasehigh.org