



## Headteacher's Comment:

This week, I had the pleasure of stepping back into the classroom to teach groups of prospective Chase High students who are currently in Year 5. It reminded me of why I, and so many others, became teachers - not to berate children for their uniforms or makeup, but to educate them, to provide them with the knowledge that will empower them to become the individuals they aspire to be, with all opportunities available to them. Witnessing hundreds of enthusiastic young faces, eagerly moving from one lesson to another, absorbing the material and contributing to the overwhelmingly positive atmosphere of the school, was truly amazing to witness and be a part of.

National Thank a Teacher Day took place this week with all students writing their vote of thanks to a teacher of their choice. I believe one teacher collected 84 thank you cards! An amazing achievement which demonstrates the care and commitment shown by that member of staff.



## STEAM Day:

On Monday, Year 7 students put their creativity and problem-solving skills to the test, as they participated in the 'Race to the Line' challenge. This exciting STEAM event, run in collaboration between the Science, Design and Technology and Computing departments, tasked students with designing, building, and racing their own rocket-powered cars. Working in groups, students were given a brief to create the most aerodynamic and eye-catching models. To achieve this, they drew upon their knowledge of Newton's Second Law from their Science lessons to design a car that would speed its way to the finish line. The competition was fierce, with each group eager to showcase their innovative designs. After a thrilling competition, the winning group emerged with the fastest time of 0.83 seconds! Throughout the project, students demonstrated exceptional teamwork and creativity, making it a fantastic experience from start to finish. It was a wonderful opportunity for them to apply their learning in a practical and engaging way. Well done to all participants for their outstanding efforts!



## Year 11 Leavers:

On Wednesday, we said goodbye to our Year 11 students. After an emotional assembly looking back at the last 5 years of their time here at Chase, students celebrated with a BBQ in the sun and had their shirts signed by staff and students. As they embark on this new journey, we would like to wish all the students the very best for the future.





## Athletics Success!

Last week, nearly 100 of our students participated in the Borough Athletics Championships. The standard of the championships are arguably the best in the country, with 5 schools currently ranked in the top 10 in the country. Overall, for the fourth year in a row, the boys finished in fifth place; the highest placed non selective school. The girls also performed superbly to improve from eighth last year, to sixth this year, again the highest placed non selective school. Well done!

Another special mention goes to Fern and Darcey in Year 8, who took part in the inaugural Girls Borough Pole Vault competition. They performed superbly with Fern winning silver with a school record of 1.80 and Darcey winning Bronze.

More athletics success came last Thursday, with our Year 9/10 boys travelling to Chelmsford to participate in the Regional Final of the National Schools Athletics Cup. Competing against private, grammar and all boys schools, the boys performed very well to finish on 422 points. This represented our second highest ever score. This score meant that Chase finished sixteenth in the East of England out of over 550 schools.



## Year 5 Open Evening:

Join us for our Year 5 Open Evening taking place next Wednesday 26 June from 4.00 pm – 7.30 pm. On this date, the school will be closing to pupils at the earlier time of 1.25 pm. Any students with free school meals are able to collect these at break time. The school will open again to pupils at the later time of 11.00 am on Thursday 27 June 2024.

## House points totals for this week



664



702



572



600



## Dates for your Diary:

24.06.24 – 28.06.24 LORIC Week

24.06.24 Year 8/9 Trip to Cambridge /  
Year 9 Author visit

26.06.24 Year 5 Open Evening/ Early close 1.25 pm

27.06.24 School opens to pupils at 11.00 am/  
Year 9 Performing Arts Trip to Mamma Mia



**DISCOVERY**  
EDUCATIONAL TRUST

**Chief Executive Officer: Mr R Duff**

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

# CHASE HIGH OPEN EVENING

“Pupils are proud of their school,  
feel happy, safe and behave well.”

Ofsted Feb 2022



“Students are well  
prepared for university,  
or the workplace.”

Ofsted Feb 2022



  
Ofsted

Good  
Provider

Wednesday 26 June 2024

4.00pm - 7.30pm

Aspiration, Character & Excellence





# CHASE HIGH SCHOOL PRELOVED

**Uniform donations are needed!**

**Blazers, trousers, skirts,  
shirts, jumpers and  
Chase PE kits.**



**Drop donations at  
Main School Reception**



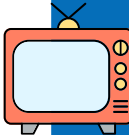
# CAREERS NEWSLETTER

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



RSM is a leading audit, tax and consulting adviser to the middle market, globally. With nearly 5,000 people operating from 30 locations across the UK, we have a culture of understanding what it means to deliver value, and to value what we do. Our school leaver programmes are designed to challenge, encourage and reward from day one. We support our trainees at every stage, providing them with comprehensive training, hands on experience, access to industry experts and all the resources they'll need to unlock a future packed with opportunities. [Read more here.](#)




If you're weighing up what's the next right step 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', 'Get In' Taster Experiences offer you the chance to see if the BBC could be where you'd like to work in the future by exploring the different early careers paths the BBC has to offer. [Read more here.](#)



UCAS have created a series of guides that are loaded with information to help you understand what's next – decisions, next steps and figuring it out. These are our road maps to navigating student life. You can [check them out here](#) and filter them to the topic that interests you.



Welcome to the "[Not Going to Uni Podcast](#)," where we explore the extraordinary journeys of apprentices who have chosen alternative career routes over traditional university paths. Join us as we dive into the inspiring stories of individuals who have embraced apprenticeships and other non-traditional avenues to success.



Kickstart Your Career in the Creative Industries. Browse thousands of internships, bootcamps, events, training schemes, courses & more using the [ERIC app](#).

## JOB OF THE WEEK



This week's video focuses on the job role of a [Web Designer](#).

They are responsible for creating the design & layout of a website or web pages. Unlike web developers, who specialise in creating new websites' structures & the code that forms these, web designers tend to focus on the visual aspects of a site. Watch the video to learn more.

## LABOUR MARKET INFORMATION FACT


UCAS, with the Sutton Trust, release a flagship report into apprenticeships seeking to understand the barriers and choices made in the decision-making of would-be apprentices. Three in five (61%) former applicants did not pursue an apprenticeship because they could not find one in their preferred location.

[Source](#)


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

# CAREERS NEWSLETTER


## OPPORTUNITIES



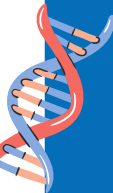
Want to be at the forefront of renewable energy solutions? Desire a career that really makes a difference to our planet? Then get ready, as this virtual work experience programme will introduce you to some of the most exciting careers in this sector, with none other than the global leader on climate action - Ørsted. [Read more here.](#)




Want to start your journey with one of the biggest names in the hospitality industry? Learn from the experts at wagamama in this exciting programme. At wagamama, 'fresh' isn't an adjective reserved for the food - it's a way of life. Are you passionate? Energetic? Can you go from strength to strength? Discover how to master it all through interactive content, videos, and activities skillfully crafted with the help of industry experts. [Read more here.](#)



In this very topical Subject Spotlight, Dr Anne-Marie Greenslade presents; Does law shape society, or does society shape the law? The LGBT+ Community and law through time. If you're interested in Law or LGBT+ rights, this could be an interesting spotlight for you. [Read more here.](#)



Join Richard Badge as he introduces Biological Sciences at the University of Leicester within the overarching concept that the biological sciences are changing. He looks closely at biology's big data, considering how computers are integral to biology, identifies what a genome is and looks at the journey from genetics to epigenetics. [Read more here.](#)



Join Iyi Ogiehor as he explores the dynamic world of modern banking and finance. He begins by introducing you to what banking and finance actually are, why it is important to study them together, and the current trends shaping modern banking and finance. You will investigate decentralised finance and what it involves, to understand how it is shaking up the future of banking and finance as we know it! [Read more here.](#)

## EMPLOYER SPOTLIGHT

"To reach net zero by 2050, we're acting now. And we need bright talent, fresh ideas, and people who want to make a difference to help power the change. Sound like you? Get your career off to a brilliant start with one of our SSE Early Careers Programmes. You'll gain a solid grounding in the energy industry and develop valuable skills in a friendly, supportive working environment." You can read more about SSE's careers [here.](#)

## UNI SPOTLIGHT

"Aberystwyth University, on the west coast of Wales, is your place to study, explore and grow. Aberystwyth really is an excellent choice. Since 1872, we've built a global reputation for teaching excellence and ground-breaking research."

You can read more about Aberystwyth University courses [here.](#)

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



## Maximise Your Revision #5 Using videos

There are now a wide range of revision videos online that can help you prepare for your exams. However, just watching them will not be enough to secure the ideas in your memory.

### **Step one – choose the topic**

Use your subject checklists to identify topics you have low confidence in remembering. Videos are great for an overview of a topic before you begin to practice exam questions.

### **Step two – choose the video carefully**

In your search include your exam board, which exam paper it is from and be as specific about the topic as you can. For example, searching for 'GCSE AQA chemistry paper 1 bonding' will give you far better-quality choices than 'chemistry'

Also consider the length of the video. Somewhere between 5 and 10 minutes is the optimum.

### **Step three – Watch the video all the way through**

Watch the video through from start to finish to get a feel for the content

### **Step four – Watch again and create your revision summary**

For the second watch you will now actively take summary notes – a summary map works well for this. Pause the video and be prepared to go back and re-watch key points.

want to know more .....

Ask your teachers if they have a favourite 'YouTuber' for their subject. Cognito is great for Maths and Science <https://www.youtube.com/@Cognitoedu>

Remember once you find a style of video you like there are probably others made by the same person within their channel.

Tips for parent/guardian – instead of how's your revision going? Try these questions



What did you watch a video on today?

Show me your summary notes from the video

Did you like the style of video you watched today – do they make others?

# 10 Top Tips for Parents and Educators

## PROMOTING PHYSICAL WELLBEING

Physical activity isn't only beneficial for our bodies; it also plays a role in promoting mental wellbeing. With both the Euros and the Olympics this summer, it's an opportunity to engage young people in regular exercise which can reduce stress, improve mood and boost self-esteem. Despite these benefits, many children face barriers to participating in physical activity.

### 1 MAKE IT FUN



Incorporate activities that children enjoy, such as playing games or dancing. Encourage participation in team sports or group activities to foster social connections and a sense of belonging.

### 2 MIX MOVEMENT WITH LEARNING



Educational settings can incorporate movement breaks and physical activities to enhance focus, concentration and cognitive function. Embedding exercise into the curriculum can also reinforce learning and stimulate creativity. 'Revision walks' with podcasts and flashcards can benefit older learners.

### 3 CREATE OPPORTUNITIES

Provide clear chances for physical activity throughout the day, both indoors and outdoors. Schools can encourage active play during breaks and at lunchtimes, while limiting screen time at home can help keep children up and about.

### 4 PROVIDE POSITIVE REINFORCEMENT



Praise and encourage children for their efforts and achievements in physical activity. Recognise their progress and celebrate their successes to reinforce positive behaviours. Educators could do this in several ways, such as applauding their efforts at assemblies or celebrating their accomplishments in newsletters.

### 5 VARIETY IS KEY



Introduce a selection of physical activities to keep children engaged and prevent boredom. From swimming and cycling to yoga and martial arts, trying different types of exercise can help children to discover what they enjoy most.

### 6 ENJOYMENT OVER COMPETITION



Encourage children to focus on the enjoyment of physical activity rather than winning or achieving perfection. Emphasise effort, improvement and having fun rather than outcomes, to minimise the amount of stress that children can sometimes associate with sports and other competitions.

### 7 SET REALISTIC GOALS



Help children set achievable physical activity targets based on their interests, abilities and preferences. Celebrate their progress and successes to maintain motivation and enthusiasm.

### 8 MAKE IT ACCESSIBLE



Ensure that children have access to safe, suitable spaces for exercise at home, at school and in the community. Advocate for inclusive environments which accommodate diverse needs and abilities. Be a change maker in your community if facilities aren't already available.

### 9 LEAD BY EXAMPLE



Parents and carers can be positive role models by prioritising their own exercise and involving children in their fitness routines. Gentle walks, bike rides or sports activities can be wonderful opportunities for bonding and staying active together.

### 10 ENCOURAGE PERSISTENCE



Help children develop resilience and perseverance by encouraging them to overcome challenges and setbacks in physical activity. Teach them the importance of perseverance and the value of effort in achieving their goals.

## Meet Our Expert

Adam Gillett is a learning and development specialist who, as well as working for Minds Ahead, is associate vice principal for personal development at a large secondary school in Barnsley. He was asked to be part of an expert research group for the Department for Education, one of only three school leaders to be asked to do so.



#WakeUpWednesday®

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