



Senior Leadership Team's Comment:

This week's Headteacher's message is being completed by the Senior Leadership Team on Mr Suttwood's behalf because he has had far more pressing priorities, namely the arrival of a new addition to the Suttwood family. Baby Thomas arrived on Monday afternoon and we are sure that everyone in the Chase Community would like to wish all of the Suttwood family the warmest congratulations.

The end of the week was dominated by an incredibly successful Year 11 Curriculum Evening and Post-16 Open Evening. Record numbers of pupils attended, including our highest ever number of potential external applications, confirming the high status that Chase enjoys across the area.

Those Year 11 pupils and their families who attended will not need to be reminded about the importance of their upcoming PPEs and will undoubtedly have a pathway for success worked out as we move towards the end of their Key Stage Four courses and their next steps for post-16. We know that revision timetables will be well-established with most of Year 11; if yours has not been started yet speak to someone at school about getting started.

Today is the last day of a long half-term and we would like to congratulate everyone who has managed 100% attendance over the last eight weeks. This is an impressive achievement, and those who didn't manage it this time can aim to do so in the next half-term, which has the advantage of being slightly shorter. Our first ever two week October half-term is a very exciting opportunity for everyone at Chase to get some much needed rest and relaxation. Whatever you are doing we hope that you are able to take advantage of the additional week. Many of us will be enjoying celebrations relating to Halloween or Bonfire Night and we urge everyone to enjoy these events safely.

We will return to school on the 11 November (a normal school day for everyone in terms of start time) but a special day in terms of our now celebrated Remembrance Event. In recent years this has become a key feature of the Chase calendar and I know that everyone will be looking forward to showing their respect and gratitude to all of those who gave their lives for our freedom and all those whose lives have been effected by conflict, and continue to be so.

We look forward to seeing everyone on Monday 11 November, refreshed and raring to go to complete Term One on a high.

#ProudToBeChase



Speak Up Challenge:

Congratulations to all finalists who took part in the Year 8 'Speak Up' Challenge in English. The speeches were all incredibly persuasive and well-performed. The overall winner was Shawaiz for his excellent use of PERFECT and his engaging use of tone.



Celebration Assemblies:

This week pupils celebrated the first half term of the academic year in their Celebration Assemblies. Pupils were rewarded in their tutor groups for attendance, house points and badges. Individual pupils were also celebrated for achieving the pupil of the half term award for various subjects. It has been a great half term for celebrating our pupils' successes.

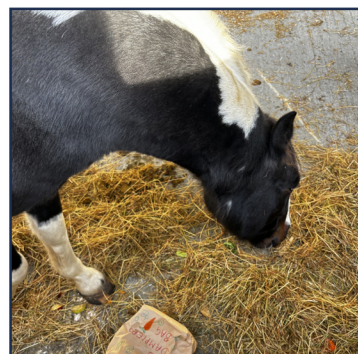




STEAM Trip:

This week, as part of our ongoing Ada Lovelace Day celebrations, a group of Year 9 pupils had the exciting opportunity to attend a STEAM-focused trip to the Chelmsford Science Festival at Anglia Ruskin University in Writtle.

They spent the day exploring topics such as sustainability, environmental awareness, and the benefits of nature for well-being. Among the many highlights were learning about the anatomy and eating habits of horses, discovering the importance of endangered birds, and understanding how insects contribute to the agricultural industry. Taye, one of the pupils who attended, shared: "We all really enjoyed the experience, learned a lot about wildlife and nature, and also got a taste of University life and what it has to offer."



Accelerated Reader Challenge:

At Chase High School, all Year 7 and 8 pupils take part in Accelerated Reader. AR is an educational programme designed to monitor and encourage pupils' reading practice. As pupils increase their reading volume, they develop greater reading stamina, word recognition, and language comprehension skills. They also increase their word count every time they quiz!

Our current leader board:

Jack 7T2 1,193,093 words (Our first Word Millionaire!)

Sophie 7E2 652,417 words

Evie 7E1 936,157 words

Gillian 8R1 272,000 words



Sports Round-Up:

This week, the Year 7 girls basketball team played superbly in their first ever game, beating Shoebury. Player of the match was Lily. The Year 7 boys football team had two excellent wins against Belfairs B and Cecil Jones, with Malichi and Rufus being player of the match. The Year 11 football team had an outstanding win on penalties against King John in the South East Essex Cup.

The below after school practices are cancelled the first week of November:

14 November 2024 Year 10 boys basketball

14 November 2024 Girls Rugby



Dates for your Diary:

28.10.24 – 08.11.24 Half Term

11.11.24 Back to School/Week 1/Remembrance Event



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Chief Executive Officer: Mr R Duff

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



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10 Top Tips for Parents and Educators

SUPPORTING YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and foster confidence, adaptability and a positive mindset.

1 ENCOURAGE OPEN COMMUNICATION

Regularly engaging children in open dialogue fosters trust and emotional expression. Encourage them to share their thoughts and feelings freely without judgment. Set aside time daily, perhaps during dinner, to ask open-ended questions such as, "What's made you happy today?". This encourages children to express themselves openly.

2 MODEL POSITIVE BEHAVIOUR

Children often learn how to manage emotions by observing adults. By modelling calm and positive responses to challenges, you can teach them valuable emotional management skills. If you've had a difficult day, verbalise how you're feeling and explain how you plan to handle it, such as "I'm a bit worked-up, so I'm going for a walk to clear my mind."

3 TEACH PROBLEM SOLVING SKILLS

Helping children break down challenges into manageable steps encourages a proactive mindset. Explain that every problem has a solution, even if it's not immediately obvious. For example, if a child is stuck on homework, support them in breaking the task into smaller steps, saying things like "Let's focus on just this first question for now."

4 FOSTER A GROWTH MINDSET

Encourage young people to view mistakes as learning opportunities. A growth mindset helps them see setbacks as part of the process, rather than something to be upset about. After a child loses a game or performs poorly on a test, for example, ask them what they've learned from the experience. This reinforces the idea that effort – and even failure – leads to improvement.

5 PROMOTE SELF-CARE PRACTICES

Teaching children about self-care helps them understand the importance of balancing work with relaxation to maintain emotional wellbeing. Parents and carers could start a screen-free hour before bedtime where the family engages in relaxing activities like reading, setting an example to the child for how to unwind.

6 BUILD HEALTHY RELATIONSHIPS

Strong relationships with peers and adults provide a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Playdates or group activities can be instrumental in teaching children how to resolve conflicts with friends by modelling and practicing calm communication.

7 SUPPORT EMOTIONAL AWARENESS

Helping children to identify and name their emotions allows them to manage those feelings more effectively. When a child's upset, encourage them to talk to you about what they're feeling in an empathetic and supportive manner, and ask them why they might be experiencing these emotions.

8 ENCOURAGE INDEPENDENCE

Giving children opportunities to make their own decisions boosts confidence and problem-solving skills. A good example of this would be letting children choose and pack their own lunches for school, guiding them with options but allowing them to assume responsibility for the task to help them take ownership.

9 DEVELOP COPING STRATEGIES

Teaching children techniques like mindfulness, deep breathing or journaling can help them to manage stress. Show them how to perform breathing exercises when they're feeling anxious, and practise this regularly. Reinforcing this behaviour in young people will make it easier for them to use these techniques of their own accord during stressful moments.

10 CELEBRATE SMALL WINS

Recognising effort, no matter how small, reinforces perseverance and encourages children to keep trying. After a child completes a difficult task, makes progress on a project or reaches another type of personal goal, praise their efforts. Emphasise the hard work they've put in and be sure to let them know how proud you are!

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provisions.



#WakeUpWednesday

The National College



Uniform & Coat sale



Saturday 9th November

9am - 11am

Chase High School