



EPCHS Student 'PD' Bulletin #7

"I Have Come So That They May Have Life And Have It To The Full" John 10:10

The seventh Student 'Personal Development' Bulletin and this week we will be sharing with you some exciting news as over the coming weeks we have a number of activities planned...so keep those eyes peeled, switch on the notification settings and be ready for more news and information, as and when we can share it. We are really excited!

Our Father

WHO ART IN HEAVEN
HALLOWED BE THY NAME
THY KINGDOM COME
THY WILL BE DONE
ON EARTH AS IT IS IN HEAVEN
GIVE US THIS DAY OUR DAILY BREAD
AND FORGIVE US OUR TRESPASSES
AS WE FORGIVE THOSE
WHO TRESPASS AGAINST US
AND LEAD US NOT INTO TEMPTATION
BUT DELIVER US FROM EVIL

Amen

The Government's advice in relation to the Coronavirus and Global Pandemic is still very clear –
Stay at Home, Save Lives and make it count. Please make sure you follow this advice.

! BY STAYING ALERT

AND FOLLOWING THE RULES

WE CAN CONTROL THE VIRUS

STAY ALERT > CONTROL THE VIRUS > SAVE LIVES

Do you follow the school social media platforms? If not, follow today and keep up to date with everything school related and more...



www.facebook.com/EllesmerePortCatholicHighSchool



@EPCH_School

Exciting times ahead....

Year 7 and Year 8 – Life on Mars!

In a few weeks Year 7 and Year 8 students will begin working on two projects with 4WardFutures which all centre around life on Mars. These activities and challenges will develop a wide range of skills, and allow you to be part of something totally unique to EPCHS.

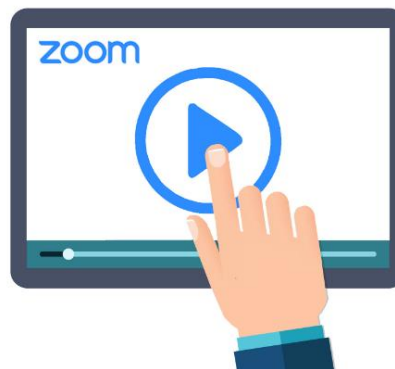


Year 10 – Virtual WExp @ EPCHS

The week beginning June 29th will see Year 10 take part in an exciting, careers related learning opportunity, as part of a Virtual Work Experience week. Working in partnership with The Pledge and Learning Live, we should be able to share with you more information next week.



Zoom!!! Don't forget to check out the information in your Year group 'Teams' pages on how to join...



VTALK – Speakers for Schools

Here is next week's full [VTALK Schedule](#). Please feel free to share the schedule with your students!

We've included add to calendar links to help you save the dates. Enjoy!

WEEK STARTING MONDAY 15TH JUNE 2020

DATE	SPEAKER	INFO
Mon 15th June 10am Add to calendar	Baroness Lola Young, Independent Life Peer & Consultant	Baroness Lola Young is joining SFS to share her life lessons and advice with a KS3/S1-3 audience and to discuss the importance of the arts in society.
Mon 15th June 2pm Add to calendar	Julian Baggini, Editor-in-Chief, The Philosophers' Magazine	Join Julian Baggini, Editor-in-Chief, The Philosophers' Magazine to explore the philosophy of personal identity – what makes us who we are. This VTalk would suit KS5/ S5-6 students and students who are interested in Philosophy.
Tues 16th June 10am Add to calendar	Dan Snow, Historian and Broadcaster	Why History matters? Join us as historian, author and broadcaster Dan Snow discusses the importance of studying history and the lessons you can learn.
Wed 17th June 2pm Add to calendar	Dean Beswick, Film and animation company founder, Gorilla Gorilla!	Film and animation company founder Dean Beswick is joining us for this virtual talk to discuss his career as a producer and commercial filmmaker, sharing his top 3 life lessons to help you prepare for your future.
Thurs 18th June 2pm Add to calendar	In collaboration with Penguin Talks: Mohsin Zaidi, Criminal Barrister and Lawyer & Jessica Kellgren-Fozard, YouTuber and disability & LGBTQ activist	Criminal barrister and author of <i>A Dutiful Boy: A Memoir of a Gay Muslim's Journey to Acceptance</i> , Mohsin Zaidi, joins Youtuber and disability & LGBTQ activist, Jessica Kellgren-Fozard, to discuss their intersectionality and how we can embrace our identity.
Fri 19th June 10am Add to calendar	Charlotte Stacey, Head of UK Apprenticeships Programme, BP	Interested in learning about apprenticeships? Join us as Charlotte Stacey, Head of UK Apprenticeships Programme with BP discusses the practicalities of apprenticeships, how they're structured, the benefits of completing an apprenticeship and the opportunities that exist at BP.

HOW TO JOIN THE VTALKS

- Join 10 minutes before the VTALK to be ready
- You can join without needing an account – [Watch how here](#)
- For full speaker descriptions visit the [VTALK Schedule here](#)

The School Games Active Championship

A message from Mr Cavanagh

We would like as many pupils to join The School Games Active Championship. Pupils will be able to access challenges they can do from home and upload to The School Games app in order to compete against other schools. Challenges are designed to promote good physical and mental well-being and it would be great to get as many of our pupils involved as possible. To assist with getting involved please refer to the poster below containing links to tutorial videos, a link to the main web site where you can find more information and the unique school invite code that you will need when registering. Please note that parents must have a registered account connected to all pupils under 13 years old.

Tutorial videos explaining how to take part...

Student Tutorial Video <https://vimeo.com/user25009636/download/414055416/5df2abfa00>

Parent Tutorial Video <https://vimeo.com/user25009636/download/423604569/9d5f1d7699>

Parents must have a registered account connected to all students aged under 13-years old

Link to the main web site for more information - <https://topya.com/sgac/>

#StayInWorkOut

Join the School Games Active Championship

Now



Download the FREE TopYa! Active App



Register as a Player or Parent



Use Unique School Invite Code

FREE Activity Challenges
to complete anywhere, anytime!

Includes Virtual Coaching, Leaderboards and FREE Prizes!

Have fun and help earn points for our school as we compete to be the most active in the Country!

Download the TopYa! Active App

Download on the App Store | GET IT ON Google Play

Powered by **TopYa!** | TEAM GB | The London 2012 Olympic Games | Department for Digital, Culture, Media & Sport | change 4 life | The British Olympic Association | SPORT ENGLAND | YOUTH SPORT TRUST

SCHOOL GAMES  **For More Information Visit**
www.topya.com/sgac

SELF CARE CHECKLIST FOR STUDENTS



@BelievePHQ



Achieved between 7-9 hours sleep each night



Found time to exercise throughout the week



Stayed hydrated throughout the day



Practised some relaxation techniques



Spoke to a friend, family member or teacher about how I am feeling



Made sure I have eaten 3 healthy meals each day



Spent time connecting and socialising with friends or family



Challenged unhelpful beliefs



Identified how I can use my strengths each day



Identified 3 good things I have achieved from the day



Taken time to pause, slow down and breathe



**“Great things happen
when you care”**

Psalm 21: He asked for life and you gave it to him

