



EPCHS Student 'PD' Bulletin #6

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

Our sixth Student 'Personal Development' Bulletin and one which arrives after our pause week. We hope you are now all up to date with your work and if you are still having any difficulties please remember to ask. Over the next few weeks the school will be continuing to develop its student support so keep your eyes peeled for emails, activity on teams and much more!

Let us pray...

Lord, make me a messenger of your love.

Where people hate, let ME bring LOVE.

Where people are sad, help ME bring JOY

Where people are hurt, let ME bring COMFORT

Where people are lonely, help ME bring FRIENDSHIP

Help me be the kind of neighbour who HELPS EVERYONE -

even those who don't help me. Amen.



BEATITUDES

FOR A GLOBAL PANDEMIC

BLESSED ARE THOSE
WHO STAY INDOORS



FOR THEY HAVE
PROTECTED OTHERS

BLESSED ARE THE
UNEMPLOYED AND THE
SELF-EMPLOYED



FOR THEIR NEED OF
GOD IS GREAT

BLESSED ARE THE
CORNER SHOPKEEPERS



FOR THEY ARE THE
PURVEYORS OF SCARCE
THINGS

BLESSED ARE THE DELIVERY
DRIVERS AND THE POSTAL
WORKERS



FOR THEY ARE THE
BRINGERS OF ESSENTIAL
THINGS

BLESSED ARE THE HOSPITAL
WORKERS; THE AMBULANCE CREWS,
THE DOCTORS, THE NURSES, THE CARE
ASSISTANTS, AND THE CLEANERS



FOR THEY STAND BETWEEN US AND
THE GRAVE, AND THE KINGDOM OF
HEAVEN IS SURELY THEIRS

BLESSED ARE THE
CHECKOUT WORKERS



FOR THEY HAVE PATIENCE AND
FORTITUDE IN THE FACE OF
OVERWORK AND FRUSTRATION

BLESSED ARE THE
REFUSE COLLECTORS



FOR THEY WILL SEE
GOD DESPITE THE
MOUNTAINS OF WASTE

BLESSED ARE THE
TEACHERS



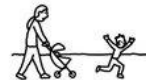
FOR THEY REMAIN
STEADFAST AND
CONSTANT IN
DISTURBING TIMES

BLESSED ARE THE CHURCH
WORKERS; THE DEACONS,
PRIESTS AND BISHOPS



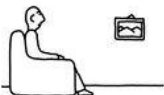
FOR THEY ARE A COMFORTING
PRESENCE IN A HURTING
WORLD AS THEY CONTINUE TO
SIGNPOST TOWARDS GOD

BLESSED ARE THE SINGLE
PARENTS,



FOR THEY ARE COPING
ALONE WITH THEIR
RESPONSIBILITIES AND
THERE IS NO RESPIRE

BLESSED ARE THOSE WHO
ARE ALONE.



FOR THEY ARE CHILDREN OF
GOD AND WITH HIM THEY
WILL NEVER BE LONELY

BLESSED ARE THE
BEREAVED,



FOR WHOM THE WORST HAS
ALREADY HAPPENED. THEY
SHALL BE COMFORTED

BLESSED ARE THOSE WHO
ARE ISOLATED WITH THEIR
ABUSERS



FOR ONE DAY-WE PRAY-
THEY WILL KNOW SAFETY

BLESSED ARE ALL DURING THIS TIME WHO HAVE PURE HEARTS;
ALL WHO STILL HUNGER AND THIRST FOR JUSTICE; ALL WHO
WORK FOR PEACE AND WHO MODEL MERCY



MAY YOU KNOW COMFORT. MAY YOU KNOW CALM. AND MAY THE
GRACE OF OUR LORD JESUS CHRIST, AND THE LOVE OF GOD, AND
THE FELLOWSHIP OF THE HOLY SPIRIT, BE WITH US ALL. AMEN

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



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

e-Bug: Young Adult

Looking for advice related to all things Covid-19 but not sure where to go? Then check out e-Bug and have a look at their Young Adult page. Covering hot topics, with animations and videos covering antibiotics, vaccinations and the spread of infection.

United Kingdom

Welcome to e-Bug! Navigate through the sections to find advice, hot topics, animations and videos covering antibiotics, vaccinations and the spread of infection.

- Hot topics
- Coursework & revision
- Infection advice
- Videos and Games

National #BikeWeekUK

6 – 14th June is National Bike Week and we would love to hear about your adventures on two wheels. Share your photos on Social Media using the hashtag #7DaysOfCycling but don't forget to let us see them as well so please do share to our social media pages.

Given that we are also in a time of difficulty we would like to share with you some great advice:



RIDE SAFE – RIDE SMART – WEAR A HELMET – BE SEEN - BE ALERT – BE SAFE

The Lock Down Life Project

Why not share your experiences of life in lock down by getting involved with this great project. For further details check out the attachment... www.2engage.co.uk/lockdownlife



Summer Reading 2020...a message from Mrs McHugh

Have you ever read Anne of Green Gables? I read it recently and got totally drawn into the world of Anne. For me, it was the perfect book to escape into – it is full of imagination, humour and spirit. Lauren Child, author of the Charlie and Lola stories says that Anne for her “is one of the great characters of literature”. That got me thinking. Which character in literature would I consider to be great? Undoubtedly, Anne is an inspirational character and yes, I agree with Lauren Child. I love to make lists on the books I have read such as My top 20 books, my favourite authors, books that made me laugh, books that made me cry, fictional characters I connect with, fictional characters I would get along with, fictional children I love – for me, Anne ticks every box. So, why not try and make your own lists on your favourite books? Perhaps you haven't found your favourite yet?

Why not take a look at some suggestions for reading over the summer (See attachment)

HOW STUDENTS CAN GET READY FOR THEIR SCHOOL DAY DURING LOCKDOWN



Find a place in your house which is quiet and conducive for learning



Plan and structure your day to include work, downtime, exercise, fresh air and family time



Make sure you are eating 3 well balanced meals each day. Don't forget to stay hydrated



If you are worried or struggling with a piece of work use an online tool to complete work with classmates or contact your teacher



Engage in live teacher contact where available



Get changed out of your pyjamas into comfortable clothes to work in



Get into a regular sleeping pattern. Try and maintain consistency with the time you go to bed and wake up



Set yourself small, realistic and flexible targets each day for work. This will help maintain a sense of motivation



Avoid too much screen time. Take small breaks if you have been on the computer for a long time



Stick to your school timetable where possible. Planning and structuring your day will help bring a sense of routine



@BELIEVEPHQ



“Great things happen when you care”

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

