



EPCHS Student 'PD' Bulletin #21

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



Let us pray...

God,

We pray for all you children who carry the scars of bullying and abuse. Comfort them, heal them, strengthen them, give them peace and work through us to answer this prayer. We're all a piece in this puzzle, and together, we're united against bullying.

Amen.

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



"Great things happen when you care"

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



SEXTING...a message for us all...

This morning our Year 10 students were looking at the importance of on-line safety in relation to sexting.

To learn more, why not check out this great info-graphic from the National Online Safety Team.

ALWAYS REMEMBER: WHEN YOU CLICK SEND, IT IS OUT THERE FOREVER!



SEXTING

18+

Sexting involves sending, receiving or forwarding explicit messages, images, or videos of a sexual nature. Although mobile phones are the most common vehicle for sexting, the term can also apply to sending sexually explicit messages through any digital media such as email, instant messaging, and/or social media sites. They can be sent to or from a friend, boyfriend, girlfriend, or someone your child has met online. Sexting is often described as the new flirting for children, but it is illegal for anyone under the age of 18. Some of the main platforms it occurs on are Snapchat, Tinder, WhatsApp, Facebook Messenger, Instagram and Kik.

IT IS ILLEGAL

Sexting is illegal if you share, make, take, or distribute an indecent image or video of a child under the age of 18. It is an offence under the Protection of Children Act (1978), the Criminal Justice Act (1988), and under section 67 of the Serious Crime Act (2015). Sexting or 'youth produced sexual imagery' between children is still illegal, even if they are in a relationship and any images are shared consensually.

PERCEIVED AS 'BANTER'

Many young people under 18 see sexting as 'banter' and an easy way to show someone that they like and trust them. Whilst it is a criminal offence, the reasons for taking and sharing can be very innocent and a part of growing up, understanding their own sexuality, and establishing a relationship. However, whilst most images and videos are taken and shared willingly, there can be unintentional consequences, embarrassment, humiliation, and emotional hurt.

ONLINE BLACKMAIL OR BULLYING

Sexting can also expose young adults to the risk of being exploited by paedophiles or sexual predators, who then use images to extort additional photos, sexual favours, and sometimes money from victims. Your child may also feel pressured into sexting so they don't come across as boring, or think it's a way to show someone they care for them. They may feel under pressure to give in to repeated requests or feel obliged to share sexual messages and imagery which could then be used against them as a form of bullying or intimidation.

FEELINGS OF REGRET

Although some children willingly exchange messages, images, or videos, many may regret sharing them after they've been sent. Once it's out there, there's no going back and your child may feel ashamed, vulnerable, or anxious about the imagery resurfacing later, especially if a relationship or friendship has broken down.

NO CONTROL

Once a photo or video is out there, there's no way of knowing how many people have saved it, tagged it, or shared it. Children like to show off to their peers and, suddenly, an image has gone beyond its intended recipient to classmates, friends, and even strangers. Once an image or video has been shared online, there's nothing to stop it being archived and repeatedly shared.



STOP. THINK. PROTECT.

Careers Opportunity with AIRBUS

Aerospace Virtual Work Experience

December 2020

Airbus

APPLY NOW



A great opportunity for any of our students interested in learning more about Airbus...

Year 10 - Year 13 Aerospace Virtual Work Experience

At the forefront of innovation, Airbus is an international pioneer in sustainable aerospace for a safe and united world. They design, manufacture and deliver industry-leading commercial aircraft, helicopters, military transports, satellites and launch vehicles, as well as providing data services, navigation, secure communications, urban mobility and other solutions for customers on a global scale.

During this free two week virtual work experience programme you'll meet (virtually) representatives from some of the key teams within their business from space to civil aviation. You'll learn about fundamental elements of Airbus's business including sustainability and manufacturing. Finally you'll complete work and assignments to get an understanding of what life at Airbus is like.

The programme involves around 10 hours of activity. You can complete the work over 2 weeks meaning you can fit it around your normal school schedule. There are live workshops but if you're unable to attend these a recording will be added.

The programme will take place between 30/11/2020 and 13/12/2020. You do not need to be available full time during those dates but you do need to be able to complete 10 hours worth of activity over the two weeks.

For further information and to register your interest follow the link below and complete the documentation by November 23rd. Successful applicants will be notified by November 25th.

#MakeitCount #NextSteps

<https://www.springpod.co.uk/airbus-aerospace-work-experience/>

Benefits



This programme is free for students



Add the experience to your CV and Personal Statement



You'll get practical skills and knowledge



You'll earn a certificate if you complete the programme

Volunteering Fair – this Wednesday...

THE PLEDGE
CHESHIRE AND WARRINGTON

WHAT NEXT?

VIRTUAL EVENTS

Find out what options are available after you finish high school or college

HIGHER EDUCATION ← → **VOLUNTEERING** ← → **APPRENTICESHIPS**

11th November **18th November** **2nd December**
6-8pm **6-8pm** **6-8pm**



European Union
European
Social Fund



Register now - candwgrowthhub.co.uk/whatnext

Cheshire and Warrington Pledge Volunteering Fair - Wednesday 18th November

On Wednesday 18th November, The Pledge are hosting a Volunteering Fair which would be perfect for Year 9 to 13 students and/ or parents and carers.

This is a free event which will feature at least 15 volunteering organisations showing how you can get involved in volunteering in Cheshire and Warrington during these Covid times. This will enable students to:

- enhance their CV and/ or UCAS Personal Statement
- develop their employability skills
- complete their Volunteering component for Duke of Edinburgh
- give something back.

The event will allow you to speak directly with these organisations and sign up to get started. You will also hear from two apprentices who will explain how volunteering helped them to get their first job.

Click on <https://candwgrowthhub.co.uk/whatnext/> to book on.

Mrs McHugh's Library News

Why not visit the library to discover the wide range of fantastic books just waiting to be read! Reading is such a wonderful way to escape into another world, expand your knowledge and improve your analytical skills. If the library does not have the book you are looking for, please speak to Mrs McHugh who will be happy to order your book choice for you.

Library Bubble Days...

If you would like to come to the library to read, borrow a book or study you are welcome to do so at break or lunch. "Bubble" days are as follows - Monday Year 7, Tuesday Year 8, Wednesday Year 9, Thursday Year 10, and Friday Year 11. Year 12 are welcome to use the library for silent study Monday to Friday provided a class is not already booked in to use it.

myON Reading Portal



The reading portal myON, is now available to students in years 7 to 11. myON recommends books according to reading preferences. Fiction and non-fiction titles are available. myON is a great way to read around the curriculum to help support you with study and homework.

Please speak to Mrs McHugh in the library for reading suggestions on myON or ask your subject teacher for something to support your learning in class.

Year 8 STEM Club is on every Thursday

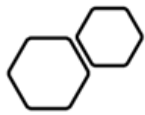
A graphic for the Year 8 STEM Club. It features a row of four icons: a green flask with bubbles, an orange atom symbol, a red gear, and a blue pi symbol. To the right is the school crest, which includes the text "Ellesmere Park Catholic High School" and "VERITAS ET SAPIENTIA". Below the icons and crest, the text "STEM Science, Technology, Engineering, Mathematics" is displayed. At the bottom, a red banner contains the text "Year 8 Every Thursday 3pm till 4pm in C 2".

STEM Science, Technology, Engineering, Mathematics

Year 8 Every Thursday
3pm till 4pm in C 2

Important Information for ALL students is self-isolating...

Expectations of Students Self-Isolating



Participate in the blended learning process

Attend timetabled sessions for live, recorded or tasks to complete
Complete independent work
Submit tasks promptly



Independent work tasks will include

Working through presentations and worksheets
Reading and making notes from textbooks and other electronic resources
Listening exercises, essays, coursework, practice questions or past exam papers
Working through exercises offered by external providers such as Seneca Learning, Hegarty Maths and The Everlearner



Read and respond to communications

Check your school email daily
If you are having issues with school email contact helpdesk@epchs.co.uk
Emails from class teacher, form tutor & pastoral leader
Check for communications via Teams and Show My Homework Satchel One daily



Live or recorded lessons

Link will be sent via Microsoft Teams for the lesson to take place during usual timetabled lesson time
Check Teams and Show My Homework Satchel One for regular updates



Work will be set for students at home via

Show My Homework Satchel One
If you need SMHW Pin contact CJO@epchs.co.uk
Microsoft Teams
If you are having issues with Teams contact helpdesk@epchs.co.uk



Submitting work

To submit work use the Microsoft Teams Assignments Tab
OR
Email complete work to the member of staff
By the set deadline
[Link to staff email](#)

Please do everything you can to halt the spread of the Corona Virus in our community...



HANDS



FACE



SPACE

**Masks should be worn at all time
when moving around school.**

Thanks you

Mental Health Matters

9 THINGS TO SCHEDULE INTO YOUR WEEK TO HELP LOOK AFTER YOUR MENTAL HEALTH



MINDFULNESS

There are a number of great mindfulness apps or videos online that can support you to stay focused on the present moment



BREATHING

Calm both your mind and body by engaging in some progressive muscle relaxation, box breathing or diaphragmatic breathing



3 GOOD THINGS

Each night before bed write down 3 good things you have achieved from your day. This exercise can help you tap into positive emotions during times of stress/adversity



REST AND RECOVERY

Maintain good sleep habits and schedule time into your week for rest and recovery.



ACTIVITIES

Engage in activities that provide you with a sense of meaning and importance. This can help boost confidence and self esteem



TALKING TO OTHERS

Schedule some time into your week to talk to friends, colleagues or family members. Positive relationships can boost mood and confidence



EXERCISE

Being active or exercising is a great way for boosting mood and reducing stress or anxiety



ME TIME

During your week try and find some time and space for yourself. It is important that you take this time to relax and do something you enjoy



SUPPORTING OTHERS

Whether it is checking in with a friend or helping somebody, supporting others can provide you with a sense of purpose

Need urgent mental health support?

Anyone can experience a low mood, increased anxiety or poor mental health.

A free 24/7 all age urgent mental health helpline is available to residents across the borough, provided by Cheshire and Wirral Partnership NHS Foundation.

Call 0800 145 6485 for urgent mental health support



Need urgent mental health support?
Call: 0800 145 6485
Open 24/7 calls are free

Cheshire and Wirral Partnership NHS Foundation Trust

Thought for the week...



#MakeitCount