



EPCHS Student 'PD' Bulletin #20

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



Let us pray...

Lord Jesus Christ, who are called the Prince of Peace, who are yourself our peace and reconciliation, who so often said, "Peace to you," grant us peace.

Make all men and women witnesses of truth, justice, and brotherly love. Banish from their hearts whatever might endanger peace.

Enlighten our rulers that they may guarantee and defend the great gift of peace.

May all peoples of the earth become as brothers and sisters. May longed-for peace blossom forth and reign always over us all.

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





UK University and Apprenticeship Search Virtual Fair...

The UK University & Apprenticeship Search Virtual Fair is taking place on Wednesday 11 November (12:00-18:00). This free event features over 80 universities, colleges, and apprenticeship providers from around the UK, along with 10 interactive webinars, and is aimed at years 13, 12, 11, parents and guardians to provide them with all the information they need to make informed decisions about post-18 options. You simply need to register online at: www.ukunisearch-north.vfairs.com

You can chat directly with a mixture of Russell Group, red brick, and modern universities from around the UK to find out invaluable information about courses, modules and life at university, and discover what Admissions Tutors are looking for in UCAS applications. Attendees can also speak to colleges and local and national companies about their apprenticeship schemes.

10 interactive webinars will run throughout the day on a variety of university and apprenticeship topics, such as UCAS Personal Statements, Student Finance and Apprenticeships. The webinars are run by university and apprenticeship professionals who will also host Q&A sessions after the presentations. You can view the webinar timetable and presenters list using the link below:

<http://www.ukunisearch-north.vfairs.com/en/webinar-timetable>

You should aim to register in advance to receive a free event guide, which will explain how the day will work and how you can make the most of the exhibitor interactions. The event guide will also contain lots of articles on topics such as student finance, UCAS applications, extra funding, personal statements and apprenticeships. To book your free place and view the exhibitor list, use this link: www.ukunisearch-north.vfairs.com

It is recommended that you register for the event as soon as possible to ensure you receive the event guide and have time to prepare for the day.

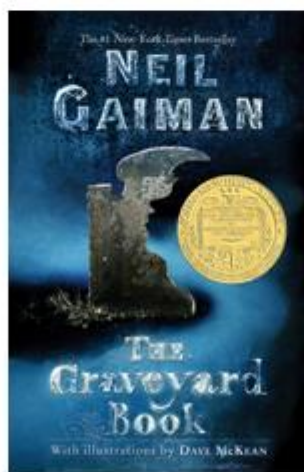
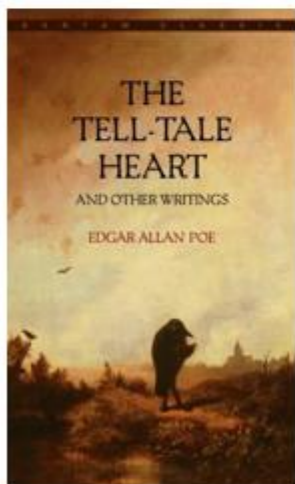
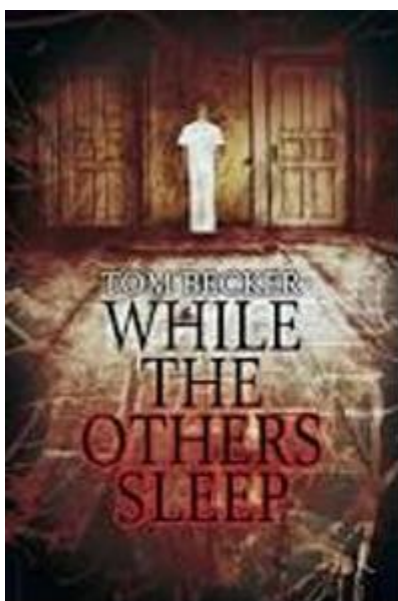
A taster of just some of the exhibitors...



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.

Some haunting reading suggestions



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 promotional graphic for the Year 8 STEM Club. It features a blue background. At the top, there are four icons: a green flask with bubbles, an orange atom, a red gear, and a blue pi symbol. To the right is the school crest for E. Restani Port Catholic High School, which includes three gold medals and the motto "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 education includes problem solving, critical thinking, creativity, curiosity, decision making, leadership, entrepreneurship, acceptance of failure and more. If you have an interest in Science, Technology, Engineering, Mathematics then this could be just for you.

For further information contact Mr Hickman in C2...word has it this session will soon be setting its sights on space, this could get very interesting!

Gaming to Development G2D...

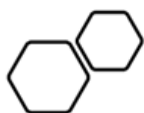
Six Year 10 students are currently taking part in a G2D project, in partnership with 4WardFutures and Cambridge University. With access to some of the latest technology for 3D virtual design they left school on Friday rather excited!

With remote access to super computer technology, as used by the team on Mandalorian, the students will be designing and testing their creations.



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](mailto:helpdesk@epchs.co.uk)

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



Lest We Forget

For those brave who gave their lives so we could live ours...



In Flanders Fields

*In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place, and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.*

*We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.*

*Take up our quarrel with the foe:
To take you from failing hands we throw
The torch, be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.*

Major John McCrae
Canadian doctor and WWI artillery commander

Mental Health Matters

9 POSITIVE BEHAVIOURS THAT CAN HELP TO BOOST YOUR MENTAL HEALTH

 @BELIEVEPHQ



TALKING OPENLY

Talking openly and honestly to friends and family members can help you to problem solve and vent emotions.



EXERCISING REGULARLY

Being active and engaging in regular exercise is a great way to boost mood and also reduce anxiety and stress.



HELPING OTHERS

Helping others can provide you with a sense of pride, achievement and accomplishment.



MEANINGFUL ACTIVITIES

Engaging in activities that are important to you can help provide you with a sense of meaning. Stay connected to your values when you can.



JOURNALING

Writing down thoughts and worries in a journal is a great way to understand what is going in your mind and a useful technique for understanding triggers.



BEING MINDFUL

Applying mindfulness when engaging in activities is a useful way to calm your mind and stay focused on the present moment.



SELF CARE

Scheduling time into your week where you can engage in activities that provide you with a sense of calm for your mind and body is important for physical/mental health.



CONNECTING WITH PEOPLE

Whether it is going for a coffee with a friend, or spending quality time with family, connecting with others regularly can boost confidence and reduce anxiety.



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

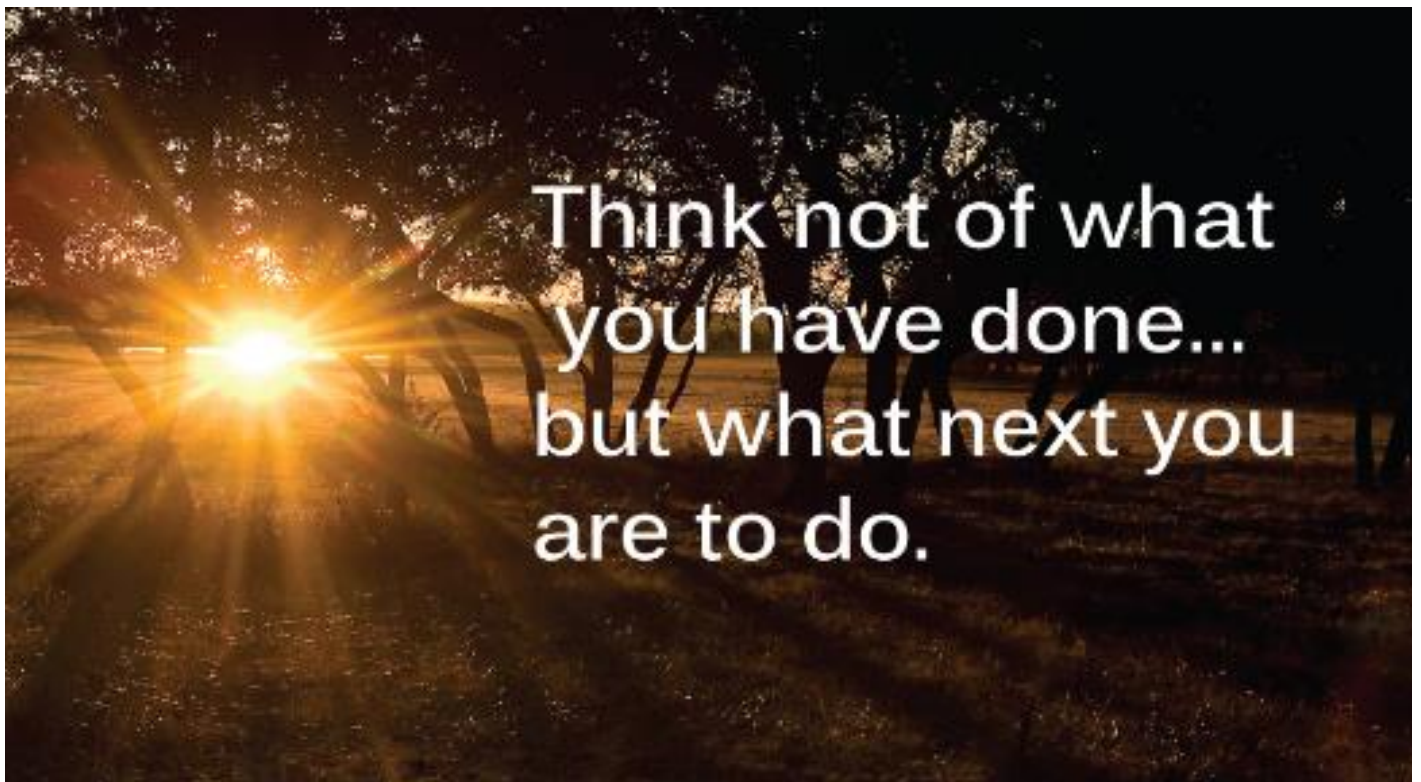


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Call: 0800 145 6485
Open 24/7 calls are free

NHS
Cheshire and Wirral Partnership
NHS Foundation Trust

@cwprnhs
www.cwprnhs.uk

Thought for the week...



#MakeitCount