





# EPCHS Student 'PD' Bulletin #38

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

Just as a branch grows out from a tree, it's important that we stay rooted in Jesus, too.

"I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing."

JOHN 15:5



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](http://www.facebook.com/EllesmerePortCatholicHighSchool)



@EPCH\_School



TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED



Your time,  
your words,  
your presence



REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY



EMBRACE NEW  
EXPERIENCES.  
SEE OPPORTUNITIES.  
SURPRISE YOURSELF

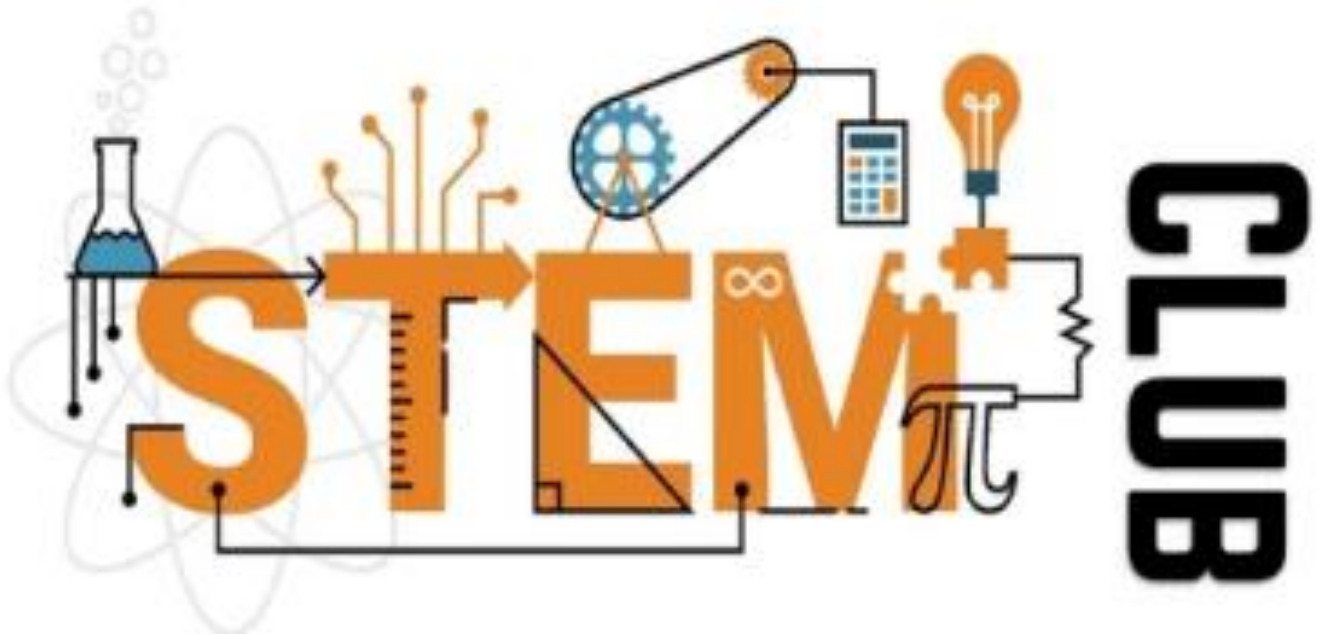


DO WHAT YOU CAN.  
ENJOY WHAT YOU DO.  
MOVE YOUR HOOD

# #MakeItCount

Year 8 STEM Club is on every Tuesday...

STEM Club is every Tuesday with Mr Hickman in C2, 3-4pm. Don't miss out on this great opportunity!



**Please do everything you can to halt the spread of the  
Coronavirus in our community...**



## **Congratulations to Maddison (Y11) for COMPLETING the Hegarty Maths website.**

Maddison is the first person ever from EPCHS to have completed all 925 Hegarty Maths Skills and achieved 100% on all of them.

This is a phenomenal achievement that shows outstanding determination, resilience and of course mathematical ability.

Everyone in EPCHS Mathematics Department are so proud of you and know what a massive achievement this is. Well done!

Maddison you are a Hegarty Maths Super Star!!!



We are supporting Cheshire Police and #OperationSceptre

Every **9 days**  
a teenager in the UK  
is **stabbed**

Please watch to understand the life changing dangers of knife crime >>> <https://youtu.be/M029qDzT6U>

## Mrs McHugh's Library News...

Welcome back to all students and parents after the Easter holidays. We have seen some great reading over Easter. Here are the reading super stars in years 7 and 8! Congratulations to them all – they are reading for pleasure and reaping the benefits that reading brings to both their mental health and improved educational attainment.

**Word Count Stars** - Sophie D (147,980), Mateusz B (110,198), Sofia P (109,654) Rosie P (79,752), Noel W (77,752), Nathaniel W (50,075), Lewis T (27,734), Anthony N (19,525), Harshita (13,157), Christian (9,083).

**Reading Quiz Stars** – Kaysi, Maisie O, Conor M, Charley J, Madison L, Megan H, Joel C, Ethan D, Maisie N, Erin M, Lewis M, Harry W.

Friday saw the launch of Leigh Bardugo's Netflix fantasy epic, Shadow and Bone starring Jessie MeiLi. The library has been busy issuing the book to students who have wanted to pre-empt the launch of the Netflix adaptation. We shall be ordering in extra copies of Shadow and Bone along with the other two books in the trilogy...please encourage your child to come to the library so that they can immerse themselves in this epic fantasy! To tempt your appetite, here's a brief synopsis:

The Shadow and Bone Trilogy is the story of Alina Starkov, a soldier in the kingdom of Ravka who discovers she possesses magical abilities. Training with the Grisha, her country's magical military elite, Alina falls under the spell of their notorious leader, the Darkling. He believes she is the only one with the power to defeat the forces threatening the kingdom—forces that will test old alliances and challenge the very limits of magic, one that will forge a leader from a frightened girl.



“Set in a fascinating, unique world rich with detail, Shadow and Bone was unlike anything I’ve ever read. Alina is a clever, sympathetic character I will gladly follow.”—Veronica Roth, New York Times bestselling author of Divergent.

# Happy Reading!

The next [#IndustryInsight](#) event with The Pledge is next Wednesday and is all about business services!

If you're interested in a [#career](#) in human resources, business development, or even cyber security - this event is for you.

Find out more, to register and find out more click the link >>> <https://lnkd.in/dXKuREH>

**THE PLEDGE**  
CHESHIRE AND WARRINGTON






# Industry Insights: Business Services Insight

**Virtual Events**  
Wednesday 5th May 17:00 - 19:00

European Union  
European  
Social Fund

WARRINGTON GROWTH HUB

## 5 TIPS TO SUPPORT SOMEONE

- **1. LISTEN**  
Be open and responsive, but don't feel like you have to have all the answers. Often just spending time with them will let them know you care and can help you to understand what they're going through.
- **2. RESEARCH**  
There are a lot of myths about mental health. Using reliable information resources like our charity partner websites might help you understand and be more confident when you're offering support.
- **3. ASK HOW YOU CAN HELP**  
There could be simple, practical things you can do to help them feel better, like giving them a call or inviting them out for activities you enjoy together.
- **4. HELP GET SUPPORT**  
If someone's struggles are seriously interfering with their everyday life, encourage them to see a professional. If you feel comfortable, offer to go with them.
- **5. TAKE CARE OF YOURSELF**  
Supporting someone who is struggling can be difficult. It's very important to put your own wellbeing first. Keep up with your usual routine, and make time for other relationships and hobbies.

**YOUNGMINDS**  
MINDS TO YOUR MINDS. MENTAL HEALTH AND WELLBEING

**HEADS TOGETHER**

**#HEADSTOGETHER**  
[www.headstogether.org.uk](http://www.headstogether.org.uk)

# Mental Health Matters

## 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.



## Thought for the week...



#TheEPCHSWay

#MakeItCount

## SIXTH FORM INFORMATION, GUIDANCE AND ADVICE

### THE PLEDGE – SUMMER CAREERS EVENTS

A reminder that The Pledge are hosting the following events:

On **Tuesday 27<sup>th</sup> April** they are hosting an '**NHS Insight Day**'. You can book on using the 'Jobs Live' site which will also mean that you are registered for future updates regarding **NHS careers**. Registration is at <https://jobsliveuk.com/partner/nhs-in-cheshire-and-warrington/>

On **Wednesday 5<sup>th</sup> May 5pm-7pm**, they are hosting a Business Services careers event so if you are considering a career in **Law, Finance, Marketing, HR, Business Development or IT**, this will be of interest to you. You can book on at Eventbrite: <https://www.eventbrite.co.uk/e/cheshire-and-warrington-business-services-industry-insight-event-tickets-141403851727>

On **Thursday 6<sup>th</sup> May at 5pm** they are hosting an online STEM event entitled '**Using Science for a great career**'. You can book onto this event using <https://usingsciencecandw.eventbrite.co.uk>

On **Wednesday 19<sup>th</sup> May** they are hosting an **Adult Social Care Careers Insight Day**. Students can book onto this event at <https://adultsocialcareinsightday.eventbrite.co.uk>

For more details on all of The Pledge events go to <https://candwgrowthhub.co.uk/industry-insights/>

### NEW WEBSITES TO HELP SUPPORT YOU AS YOU MAKE DECISIONS ABOUT YOUR NEXT STEPS

There are three new websites that will help support you as you continue to make important decisions about your next steps:

UK University Search's new website called 'Student Stream' <https://www.studentstream.co.uk/>

Discover Uni <https://discoveruni.gov.uk/>

GoingToUni <https://goingtouni.city.ac.uk/>

### SUMMER INTERNSHIPS AT UNIFROG

Unifrog are currently advertising two Summer Intern vacancies. One is for the **Summer Intern for Content** and the other is the **Summer Intern for HR, Operations and Finance**. These roles will start sometime in May and end in mid-September. You can be based remotely or subject to Government guidelines, from their office in London. The **closing date for applications is 3rd May**. For more information or to apply go to <https://www.unifrog.org/jobs>

### SPEAKERS FOR SCHOOLS - VIRTUAL INSIGHT DAY WITH THE ROYAL AIR FORCE

A career in the Royal Air Force can provide speedy role progression and unrivalled skills and training, all whilst traveling around the World and making friends for life. During the one-day insight, you will have the opportunity to learn about the different careers and pathways available. You will also be able to ask any questions you may have whilst learning how to be part of the team. This is taking place on **27<sup>th</sup> April from 10am - 3pm**. For more information or to register go to

**LONDON INSTITUTE OF BANKING AND FINANCE - SUMMER UNIVERSITY – 31<sup>st</sup> AUGUST- 2<sup>nd</sup> SEPTEMBER**

This is a 3 day non-residential programme for students who are thinking about a career in Financial Services or who are interested in studying related subjects at University. **Please note:** there is charge to attend this programme but there are Bursaries available for those that meet certain criteria. You would also need to organise travel and accommodation as it is taking place in London. For more information go to <https://www.libf.ac.uk/study/undergraduate/visit-us/summer-university>

# BUILDING A MENTAL FITNESS ACTION PLAN TO BE READY TO DEAL WITH SETBACKS @BELIEVEPHQ

Work through the following questions and use them as a tool to build a practical action plan that you can put into place to be ready to deal with setbacks



-  What have I learnt from previous setbacks? Negatives and positives
-  What would I do differently if I were faced with similar setbacks?
-  What can I do to help my body stay calm?
-  What can I do to help my mind stay calm?
-  What professional service/charity can I reach out to if I feel that I am starting to struggle?
-  Who can I speak to for help if I feel that I am starting to struggle?
-  What can others do to help me stay mentally fit?
-  What things keep me physically/mentally well and how often should I engage in them?
-  What things can I do to help me manage any unhelpful thoughts?
-  What positive behaviours can I engage in that will help me stay mentally fit?

**BELIEVE PERFORM**  
LONDON INSTITUTE OF BANKING AND FINANCE

