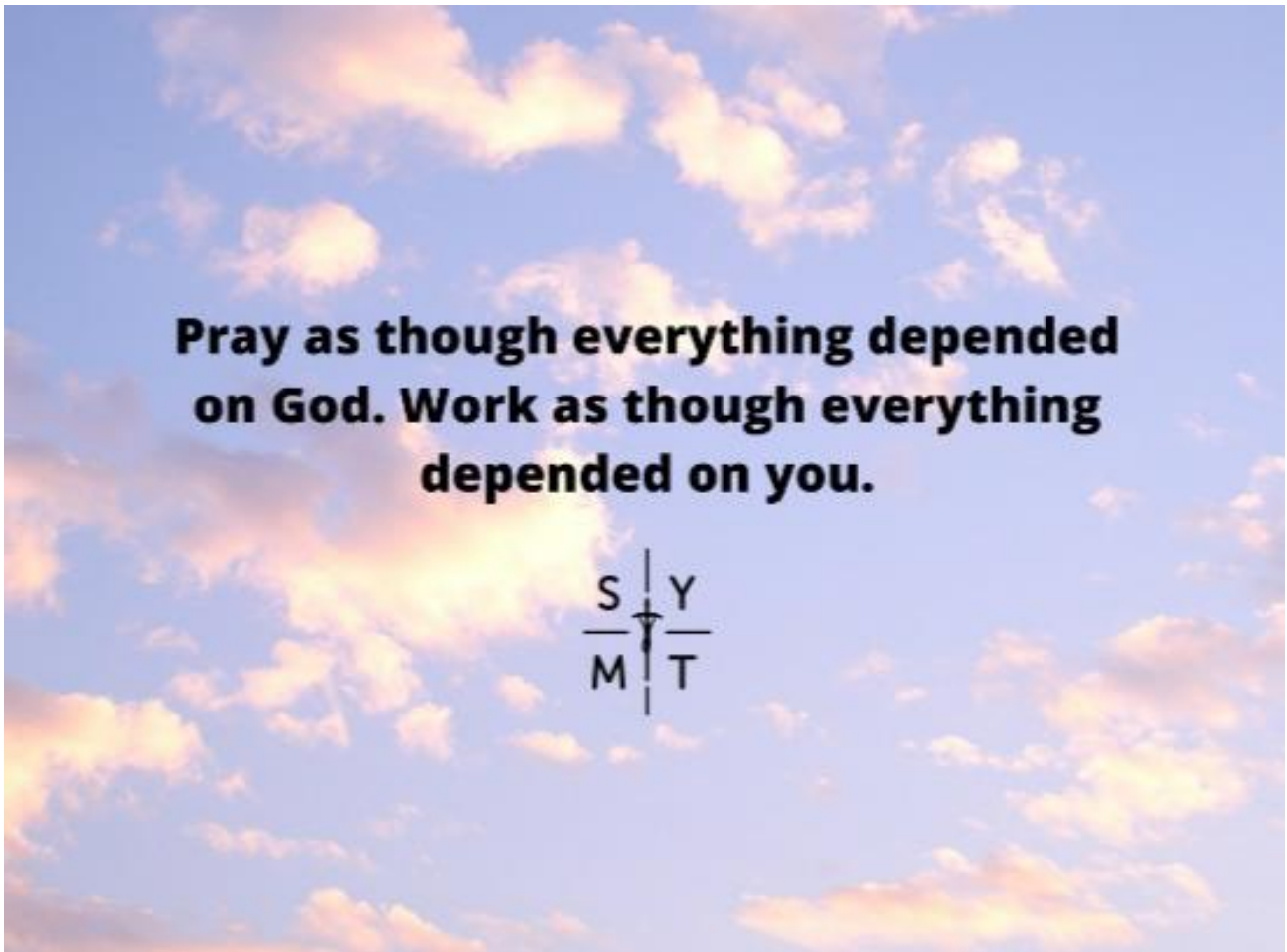




EPCHS Student 'PD' Bulletin #39

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



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





You are invited to join the...

EPCHS Equality and Diversity Group

We are looking to create an Equality and Diversity Group in school and we need your help.

The Book of Genesis proclaims that each person is made in “**the image and likeness of God**” (Gen 1: 27). Each person mirrors the divine glory and so there is an immense dignity in being human. The Catholic reverence for all human life, from natural conception through to natural death, is rooted in this conviction.

Would you like a voice, an opportunity to talk with others, to be part of a group which looks outwardly and supports all students? EPCHS values immensely the 5R’s of **Responsibility, Relationships, Rights, Resilience, Readiness** and through this group we want to respond positively to promote equality and diversity across our school.

What will we discuss?

- Race and culture
- Prejudice and discrimination
- Gender equality
- Disability awareness
- LGBTQIA+
- Celebrating diversity in school

Interested to find out more?

Speak with Mr Hughes, Mrs Baillie or Mr Patel for further information.

Our first meeting will take place on Tuesday, May 11th at 3.15pm.

Year 7	Tardis
Year 8	Library
Year 9	Reflection Room
Year 10	Reflection Room
Year 11	Back of the library (student support area)
6 th Form	Main 6 th Form Study Area

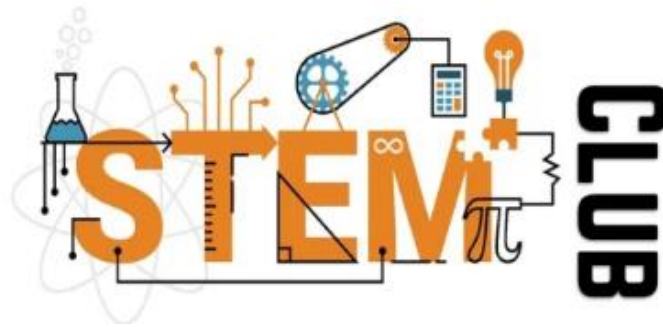
"We can only build the future by standing together."

- Pope Francis



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!



STEM Club Zooming...



Ellesmere Port Catholic High School's STEM Club embarked on another project with **4wardfutures** (Mark Waters), **NASA** ("Buddy" Brad Gersey) and a **Biologist** from the Netherlands (Arno den Toom) who is working for Wageningen University on foods to grow in space. Working in partnership with another school, Bridgewater High School, a zoom call introducing the two STEM Clubs to the concept of growing food on Mars and what types of food this could be was taken.

Scientist 'Buddy' has worked for NASA for 19 years. He is currently investigating how the radiation can affect different environments and the health and wellbeing of its astronauts.

Arno is looking at ways to use different mediums, including water, to support the growth of plants/food on Mars and the moon, which will be a first port of call before taking off for Mars.

The project called GaLoM, **G**rowing **a** Lunch **o**n **M**ars, will see student design and construct four key receptacles so that the growing medium can be housed there. The students will then monitor various key aspects of the growing medium and hopefully be able to draw a conclusion from their data on which is the best growing medium to take to Mars. Throughout the project they will be looking at our results and collaborating with Bridgewater High school to compare results.

The first STEM Club members Zoom helped the students learn about the different types of mediums that plants can grow in, but also the way that they can shield the plants from radiation. The next stage of the process which will happen this week, where they will construct the receptacles from various mediums and then line each compartment to make it watertight.



A message from the Physical Education Department...

Now that we have started our summer curriculum, here is a reminder of the **school PE uniform**.

- White round neck t-shirt or white polo shirt
- Red with black strip rugby shirt
- Black shorts
- Long black socks for outdoor sports
- Black or white sports socks for indoor sports
- Trainers (non-marking)
- Optional – Plain navy micro fleece with school badge, plain navy or black tracksuit bottoms or sports leggings

You will still need to come to school wearing your school blazer over your PE kit on the days when you have practical PE lessons.

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



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>

The next [#IndustryInsight](#) event with The Pledge is next Wednesday and is all about Agriculture and Food Production!

Find out more, to register and find out more click the link >>>

<https://candwgrowthhub.co.uk/industry-insights/>



THE PLEDGE
CHESHIRE AND WARRINGTON

**Industry Insights:
Agriculture & Food Production**
In partnership with Reaseheath College

Key Stage 3 – Tuesday 11th May
Key Stage 4 – Wednesday 12th May
Key Stage 5 – Thursday 13th May

 European Union
European Social Fund

 Reaseheath
College

 Candw
GROWTH
HUB
PART OF CHESHIRE AND
WARRINGTON LEP

Register now

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.



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.




#HEADSTOGETHER
www.headstogether.org.uk



Talk and listen.
Be there for people.
Feel connected, listening carefully.

Good relationships with people are important for your mental wellbeing. They give you chance to share positives and provide support when it's needed.



Move your mood.
Find active things that you enjoy.
Enjoy the endorphins.

Being active is not only great for your physical health, but improves mental wellbeing too. It raises self-esteem as well as releasing hormones which improve your mood.



Remember the simple things that make you smile.
Pay attention to the present moment.

Listen to your thoughts and feelings and be aware of the world around you. This can help you to approach situations more positively in life.



Embrace new experiences.
Seek opportunities.
Find out new information.

Learning new skills boosts wellbeing by building self-confidence and self-esteem. This can include things such as cooking something new at home or trying a new hobby.



Give your time.
Give your words.
Give your presence.
Acts of kindness.

Giving and acts of kindness support mental wellbeing by creating positive feelings and purpose. Giving also helps you connect to others too.

Thought for the week...

“A failure is not always a mistake.
It may simply be the best one can
do under the circumstances.
The real mistake is to stop trying.”

~ B.F. Skinner, American psychologist~



#TheEPCHSWay
#MakeItCount

A recruitment poster for Ellesmere Port RUFC. The background is a photograph of a rugby team in red and black striped jerseys posing on a field. The text is overlaid on the image. At the top left is the club's logo. The main title 'Ellesmere Port RUFC' is in large black font. Below it, the text 'We are looking for new players to join our growing Junior and Mini squads' is in red. Further down, it says 'Boys and Girls aged 8 to 14 welcome', 'Come and join us at training', 'Wednesday Evenings 6:30 to 7:30', and 'At the Whitby Sports Club Ellesmere Port'. At the bottom, it says 'Find us on Facebook or Pitchero for more information'. The bottom of the poster features logos for RFU, Cheshire RFU, Pitchero, and Facebook, along with the club's motto: 'TEAMWORK RESPECT ENJOYMENT DISCIPLINE SPORTSMANSHIP'.

SIXTH FORM INFORMATION, GUIDANCE AND ADVICE

GRAPHIC DESIGN SUMMER INTERNSHIP WITH UNIFROG- CLOSING DATE 10th MAY

Unifrog are currently advertising for a **Graphic Design Summer Intern**. The start date for this role is from sometime in May (exact start date flexible, dependent on availability) and will 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 10th May**. For more information or to apply go to <https://www.unifrog.org/jobs>

UCAS DISCOVERY DAYS – ON DEMAND UNTIL 4th JUNE

Although the live events have now happened, the UCAS/DISCOVERY days are on-demand until 4 June. You can still sign up to watch seminars on student essentials, including subject-specific sessions, applying to university and student finance; pick up prospectuses and check out over 100 UK universities; get inspiration and explore different career opportunities; understand if an apprenticeship is right for you and contact course experts. To register go to <https://www.ucas.com/events/demand-until-4-june-ucasdiscovery-388981>

INVESTIN STEM AND MEDICINE SUMMER INTERNSHIPS

InvestIN are holding a series of **virtual and face-to-face STEM and Medicine internships** this summer. There is no application process: there is however a cost to take part. With the face-to-face internships you will also have to factor in the cost of accommodation and travel as they are taking place in London. **Bursaries are available for those students that meet certain criteria**. For more information, go to <https://investin.org/collections/stem-summer-internships-ages-15-18>

STEPPING UP TO FIGHT FOR MENTAL HEALTH – EDGE HILL UNIVERSITY AND ROMAN KEMP: 10th MAY, 5pm-6pm

A reminder that as part of 'Mental Health Awareness Week', you can join Edge Hill University and Roman Kemp for an online event where Roman Kemp will take part in a panel discussion analysing the topic of mental health from different angles. For more information go to: <https://www.edgehill.ac.uk/events/2021/05/11/stepping-up-the-fight-for-mental-health-panellist-event-with-radio-and-tv-host-roman-kemp/>

THE PLEDGE – ADULT SOCIAL CARE CAREERS INSIGHT DAY - 19th MAY

A reminder that on **Wednesday 19th May**, The Pledge are hosting an **Adult Social Care Careers Insight Day**. You can book onto this event at <https://adultsocialcareinsightday.eventbrite.co.uk>

10 WAYS TO BUILD PHYSICAL AND MENTAL RESILIENCE

-  Understand what you need to be resilient for – what demands are placed on you in the environment you have to perform in?
-  Start practising your resilience building habits and be curious about how long you can keep them going for
-  Make sure you've got rest and recovery periods built into your resilience plan, so you can recharge mentally and physically along the way
-  Get into the mindset that resilience can be built
-  Keep an open mind - you're building resilience for keeping going when things are going well or not so well. Resilience isn't just about bouncing back from bad.
-  Keep updating your resilience record. Where has your resilience paid off?
-  Look back over the last 12 months and work out what made your resilience rise and fall. Pay particular attention to the resilience builders
-  Get other people involved. Building resilience with other people and having them help you stick with your habit is always important
-  Keep running your resilience recipe through the steps so it stays relevant and ever more effective



Love Netball?

Come and join our club!



North West Panthers are looking for New Players for their U12, U13, U15 & U16 squads

Who are we?

We are a friendly, welcoming and competitive club based in Chester. We are proud to have Severn Stars Head Coach *Melissa Bessell* as our President and Head Coach of our grassroots Netball club



Where and when?

Training sessions:
 U12s and U13s: County Offices Chester – Thursdays 5-6:30pm
 U15 and U16s: County Offices Chester – Thursdays 6:30-8pm



Interested?
Get in touch!

Email: info@nwpanthersnetball.com
Follow us on Facebook