

Wk. 2 PARENT BULLETIN 5th Oct 2020

**Our Vision...** Excellent teaching.

**Our Vision...**Strong Catholic ethos.

**Our Vision...** Ensuring every child is known.

*Our Vision...* High expectations of everyone.

Dear Lord,
Fill our lives with joy.
Fill our lives with love.
Fill our lives with peace.
We give thanks to you for the gift of life.
Give us the courage to live it to the full.
Amen.

Our Vision...
Excellent leadership at all levels.

Our Vision...
Exemplary behaviour and personal standards.

*Our Vision...* At the heart of the community.

*Our Vision...*Keeping children safe in education.



## Headteacher Message

Dear Parents, Guardians and Carers,

I hope you are all keeping well.

Thank you for your continued support in implementing our rigorous health and safety procedures. If you have any queries or comments about our health and safety procedures, our risk assessments or our recovery plans, I am happy to address these via an online meeting on **Tuesdays** from next week, 10 to 11am. Please contact Mrs Lyth on <a href="mailto:emma.lyth@epchs.co.uk">emma.lyth@epchs.co.uk</a> if you would like to schedule a meeting during this time.

Do you follow to keep up to date with all that is happening at EPCHS?





On Tuesday we were visited by Ofsted. The positive feedback we received really is testament to the hard work of all our staff which we hope is further recognised on 'World Teachers' Day' on  $5^{th}$  October.



## **Heads' Roundtable**



Monday 5th October is <u>#WorldTeachersDay</u>, and we'll be celebrating teachers all over the world. Here in the UK you can say 'thank you' to a special teacher with your message in a FREE personalised ecard, through the National <u>#ThankATeacher</u> campaign. <u>thankateacher.co.uk</u>

01/10/2020, 20:07

We had a confirmed case of COVID-19 within Year 8 today which was handled swiftly and effectively in line with the guidance. A letter has now been issued to all parents and is also attached to this bulletin email.

I hope you all have a lovely weekend and stay safe.

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## • Face coverings

Information for schools on behalf of the Public Health Team:

Ideally every time someone puts on a face covering it should be a clean one. If you think it is realistic you can advise pupils to bring additional reusable face coverings for use throughout the day. But if this isn't realistic the below points are key:

- Pupils should store their reusable face covering in a Ziploc plastic bag when they are not being worn. This reduces the risk of the face covering coming into contact with other surfaces and contaminating them should the wearer be asymptomatic but infectious. It is particularly important that pupils are not placing them on any desks or tables as this increases the risk of contaminating surfaces that other people will then touch as well as also risking contaminating the face covering if the surface is contaminated.
- Pupils should clean their hands with hand sanitiser before and after putting the face covering on (if the face covering has been worn before) and when removing the face covering again this is to reduce the risk of contaminating the face covering as the wearer puts it on if their hands have come into contact with contaminated surfaces and it reduces the risk of them spreading the virus if they are asymptomatic and have touched the face covering when putting it on and removing it. The easiest way to do this is to encourage students to carry a small refillable hand sanitiser or to have hand sanitiser that is accessible just before they enter areas that they need to have a face covering on when entering.
- Pupils should be advised to wash their face covering every day.



#### Coats

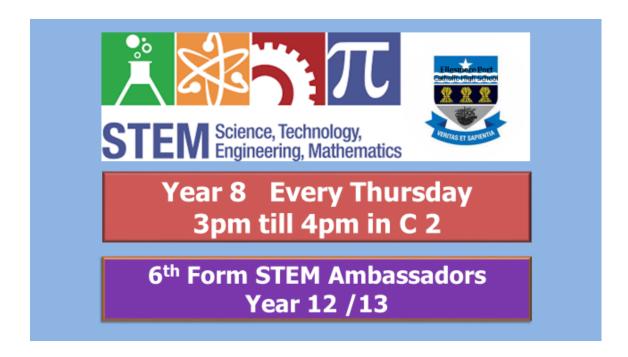
With the cooler temperatures we recommend that students bring a coat to school which can be worn at break and lunch times, and should be in line with the school's uniform policy.

#### Lockers

Our external lockers, provided by Prefect Lockers, are available to rent to all students. Students can rent a locker for the school year by visiting <a href="www.locker.rentals">www.locker.rentals</a> from any device connected to the internet. Please see attached letter for full details.

## Mr C Jones

#### STEM



Mr Hickman / Mr Phelan

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## MyON

myON the online reading portal is now available for all students in years 7, 8 and 9. myON provides a personalised literacy environment that gives students access to over 5 thousand digital books - categories include reading for fun, as well as books which help students with their studies across the curriculum. Students in years 7 and 8 can also quiz on their book through Accelerated Reader. Simply go to Students on the EPCHS homepage and click Renaissance learning. A book voucher will be awarded before the end of term to the students who read the most books on myOn.

To access myON students simply go to <a href="www.myon.co.uk">www.myon.co.uk</a> - enter Ellesmere Port Catholic High School, username and password. Students will be taken to the interest's page where they will be asked 11 questions about their reading preferences. Tick English UK. Click on Library at the top of the page, then Browse. Students will then be able to select a book to read.

If students have any problems accessing myON, please contact Mrs McHugh (dem@epchs.co.uk)

## Mrs McHugh

## • Pupil ICT 'CPD'

This will be a feature each week. This week it is:

How do I attach an email?

Watch the YouTube clip if you are unsure about how to attach a document to an email. You may need this to send it to your teachers if you are working from home. https://www.youtube.com/watch?v=YJkF4- mwRg&t=1s

Ms Oakley

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## Attachment and Sensory Circuits

Here at Ellesmere Port Catholic High School we are taking a journey to becoming an attachment aware school. This means that we envision that all members of our team will have a greater awareness of what attachment difficulties are, and how best to support our children who have attachment difficulties. We all experience anxiety in our lives, this is more apparent while experiencing this shared trauma of COVID-19. In order to cope with this anxiety, all theorists propose that a child needs 'good enough parenting' in order to thrive and build resilience.

John Bowlby (1988), a well-known psychoanalyst proposes that there are 6 patterns in parenting that has an impact on the child's later years. An emphasis on the positive traits is what leads to a greater outcome in life.

# Responsivity Embracing of child's attachment need regardless of child's age. Continuity Consistent presence; consistency, trustworthy. Absence of Threats Mentors, does not shame; no emotional games, threats, or hurtful messages Availability Absence of guilt Takes appropriate responsibility, resists urge to control or punish child via guilt Non-inversion (Parent is the parent) Parent maintains role as adult mentor. Appropriate generational hierarchy and role expectations.

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## **Sensory Circuits**

We have been doing sensory circuits with the Year 7s in order to develop their concentration. Participation in sensory circuits is a quick way to both energise and settle children as well as giving them a good set up for the rest of the day. The sensory circuits also encourages the development of sensory processing skills. The sensory circuits are specifically designed to provide a short term fix for constant fidgeting in class, difficulty in organising, poor coordination, difficulty paying attention and lacking confidence.

The sensory circuits are split into three sections that provide different benefits.

#### **Alerting Section**

- Provides vestibular and proprioceptive stimulation
- Activities includes bouncing a ball, spinning a hoop, jumping and skipping

### **Organising Section**

- · Activities require motor sensory processing, balance and timing.
- Activities include balancing, throwing and balancing

## **Calming Section**

- The calming section allows children to calm down ready for their next lesson.
- Activities include, checking in, yoga or small games like simon says

For further information, please contact Mr Farhan Patel.

## Farhan Patel

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