



Ellesmere Port Catholic High School

Wk. 1 PARENT BULLETIN 25th Jan 2021

Our Vision...
Excellent teaching.

Our Vision...
Strong Catholic ethos.

Our Vision...
Exemplary behaviour and personal standards.

Our Vision...
Ensuring every child is known.



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

Our Vision...
High expectations of everyone.

Our Vision...
Excellent leadership at all levels.

Our Vision...
Keeping children safe in education.

Week at a glance...

Week Commencing 25 th January	
	08:45am – 09:00am: FORM TIME FOR ALL STUDENTS
Year 7	Remote Learning (Key Worker & Vulnerable Students only on site)
Year 8	Remote Learning (Key Worker & Vulnerable Students only on site)
Year 9	Remote Learning (Key Worker & Vulnerable Students only on site)

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Year 10	Remote Learning <i>(Key Worker & Vulnerable Students only on site)</i>
Year 11	Remote Learning <i>(Key Worker & Vulnerable Students only on site)</i>
Year 12	Remote Learning <i>(Key Worker & Vulnerable Students only on site)</i>
Year 13	Remote Learning <i>(Key Worker & Vulnerable Students only on site)</i>



Headteacher Message

Dear Parents and Guardians,

I hope you all managed to stay safe and well during this week's storm which brought chaos to the region.

We are responding as a school to the joint DfE/Ofqual consultation on the proposals for awarding GCSE and A Level grades in 2021. Please see a message below on this from Mr Laing.

We continue to be impressed by the efforts of our students in adapting to remote learning and we know you as parents play a huge part in this so thank you for your support.

We all wish you a peaceful weekend.

Take care and stay safe.

Mrs Vile

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Short Prayer for Difficult Times

Lord God, I am at a loss for words.
I'm not sure how to pray for this difficult situation, but
I know you promise that you hear our prayers, so I want to
try praying now.



Dust of Snow

The way a crow
Shook down on me
The dust of snow
From a hemlock tree.

Has given my heart
A change of mood
And saved some part
Of a day I had rued.

~Robert Frost

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Notifications

- **Year 7 Wellbeing Check-Ins**

Year 7 welfare check-ins are held every Tuesday and Thursday at 3pm. Please contact Mrs Wright on S.Wright@epchs.co.uk if you cannot access these and she will happily help you access the zoom call.

These check ins are not compulsory, however they are a chance for year 7 students to talk socially, enjoy some fun activities and speak to staff if needed.

- **GCSE and A Level grades 2021**

As you are probably aware the GCSE and A Level exams have been cancelled again this year. The Department for Education and Ofqual are holding a consultation about how pupils should be awarded their grades. Anyone can take part in that consultation. We urge as many parents as possible to contribute to the consultation as it will directly affect your sons and daughters. We would also encourage pupils to take part and have their say.

The consultation **closes next Friday, 29th January at 23:45**. If you would like to take part please complete the online form at: <https://www.smartsurvey.co.uk/s/8BYI4T/>

If you have any queries regarding this please contact Mr Laing at t.laing@epchs.co.uk

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- Home Learning Routines...

<https://epchs.co.uk/wp-content/uploads/2020/07/Physical-and-mental-wellness-during-lockdown.pdf>

Supporting home learning routines Planning the day



Consistent routines are important for behaviour and wellbeing in school and our routines at home have changed significantly. Routines support behaviour and you will be finding a new rhythm with your family. You could share this checklist with your child. Talk to them to help them plan their new routines.

The importance of simple approaches as part of a regular routine is key recommendation 4 of the EEF's guidance report [Improving Behaviour in Schools](#)

	M	T	W	T	F
I woke up at a good time.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I did some exercise.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I had regular meals and drank water.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I enjoyed some reading in a quiet space.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I practised a maths skill.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I completed some school work at my work space. I chunked it so I had some breaks too.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I talked to my family about my day and how I am feeling. I asked them about their day.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I helped with a household job and talked to my family while I did it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I contacted my friends.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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I spent some time on my creative hobby.

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My parent/carer told me what I did well.

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My goal:

--	--	--	--	--



My goal:

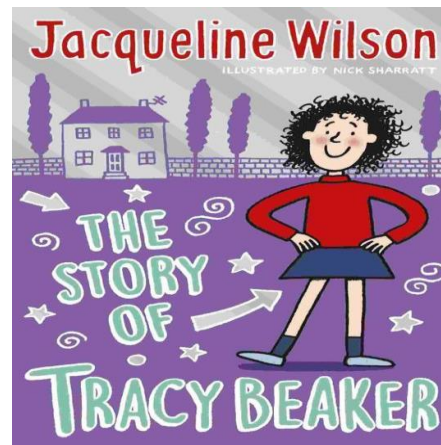
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- **Mrs McHugh's Library News**

Students can read Jacqueline Wilson's Tracy Beaker for FREE online this week. A different author of the week will be announced next week! Here's the link:

<https://library.thenational.academy/spend-time-with-tracy-beaker-and-jacqueline-wilson/>



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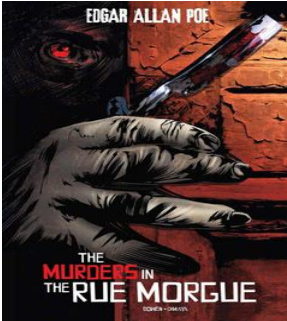
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Reading with myON



"Reading is the intelligent man's exercise. It makes him able to hold more facts."

A quote by Edgar Allan Poe, from *The Murders in the Rue Morgue*.
(Available to read with myON in graphic novel form).

There are five Edgar Allan Poe graphic novels available to read on myON. Edgar Allan Poe was a fascinating man and he changed the face of horror and mystery stories forever. For more information about his life and work, why not watch this TedEd video on YouTube?

Title: Why Should You Read Edgar Allan Poe?

(<https://www.youtube.com/watch?v=8lgg-pVjOok>)



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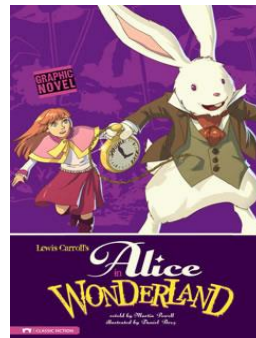
Twitter - @EPCH_School



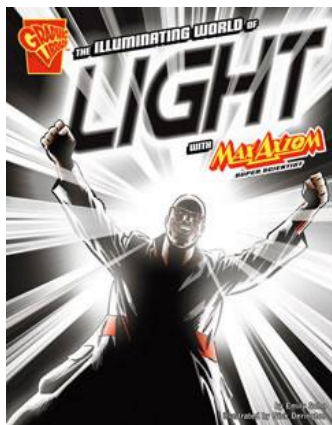
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Reading for both pleasure and personal development is more important than ever during lockdown. All students have access to read widely with myOn. MyOn caters for all reading abilities. You may choose to read a classic unabridged book such as Alice in Wonderland or read it in graphic novel form.

Alice's Adventures in Wonderland



You may decide to choose to expand your knowledge of Science. Why not take a look at a Max Axiom book? On a gloomy January day we all need light to help us get by. When during a pandemic we all need to see the light at the end of the tunnel, so why not read *The Illuminating World of Light*? If you study Spanish, you could even have a go at reading it in Spanish to test your understanding, vocabulary acquisition and grammar!



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Congratulations to our STAR myON readers!

Exceptional reading by the following Year 7 students:

Maisie Norman, Holly Wildman-Andrews, Charlie Jones, Nathaniel Wiseman, Sienna Tidd and O'Shae Sivyer!

Well done Year 8:

Imogen Collins-Bell, Tamara Mydlarcikova, Lauren Murphy, Fred Parkin, Olivia Shore, Christian Stafford, Beth Hill, Francesca Saville, Darcey Armstrong, Alfie George Davies, Toby Leahy!

MyON is available to **all year groups** at EPCHS. Why not log in and have a read?

Kidnapped



Pride and Prejudice



Peter Pan



The Awakening and Selected Short Stories



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- SIXTH FORM INFORMATION & GUIDANCE



This **National Apprenticeship Week (Monday 8 February – Friday 12 February)** UCAS are hosting a week of dedicated live sessions, information, and advice about everything to do with apprenticeships! Each day students will discover something new about what's on offer and what's involved in studying while working.

Students can [book now](#) to have the opportunity to:

- speak to [employers and providers](#) offering apprenticeships in their virtual exhibition hall.
- find out if an apprenticeship is right for you and how to choose from all the options.
- get expert advice on what it takes to make a winning application and deliver a knock-out interview.



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A reminder that the **UK University & Apprenticeship Search Virtual Fair** is taking place on **27th January**, featuring a vast array of exhibitors and 10 vital webinars. Students, teachers and parents can find out more and [sign up here](#).



A reminder that **Unifrog** are running **free student skills development webinars** at Perfect for students in Y10-Y13 as they start to think about the skills they need for the world of work.

- Leadership development - **Mon 25 January**
- Digital skills development - **Tue 26 January**
- Problem solving skills development - **Wed 27 January**
- Entrepreneurship skills - **Thu 28 January**
- Communication and presenting skills development - **Tue 2 February**

Each webinar starts at **4.30pm**. Students can **sign up now via the Webinars tool** on their Student homepage.

Medicine in Action for aspiring Medics.

A reminder of the **Medicine in Action** half-day online programme for **aspiring Medics** on **January 26th, 9.30am- 12.15pm**. From brain surgery to life in A&E and more, uncover the science and technology driving medicine, discuss the societal implications and find out what life is really like as a Medic. Tickets to join are **£8 plus VAT**. If you can't join at the time it is going live, the recording can be viewed for one week after event.

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Book now

- **Safer Schools and Young People Partnership - Newsletter 1**



Welcome All,

I hope you are all keeping well. Due to recent events, the Safer Schools and Young People Partnership have put together a newsletter containing some information about online safety for you to send out to parents/carers. This is the first of many which we will send during lockdown to help support the local community during this stressful time, we will look to send one every week covering different helpful topics.

We will be covering internet safety in this first newsletter. Whilst our young people are at home during lockdown, while the schools are closed, it is very important that we, as adults know how to safeguard them while they are using any online platform. Below we have some links to some informative websites so that you feel confident safeguarding them whilst they are home in your care and online.

Some of this information is already available on social media but we hope that you find it helpful, we have included information from our own sources here at Cheshire Police as well as Parent Info, CEOP, Think You Know. Please feel free to signpost this to your community/families/partners.

Think you know is the education programme from NCA-CEOP, a UK organisation that protects children both online and offline. On their website you can explore one of the six "Thinkuknow" websites for advice about staying safe when you are on a phone, tablet or computer, use this link to access the site.

<https://www.thinkuknow.co.uk/>

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Use this link to go direct to the parents/carers part of the website:

<https://www.thinkuknow.co.uk/parents/>

Another useful site is the NSPCC – The NSPCC have launched a new campaign, Listen To Your Selfie, which aims to teach young people about online sexual abuse and what constitutes a healthy relationship. The campaign, which has been funded by BBC Children in Need, features two films where selfies come to life and question a situation – [The Game](#) focuses on a same-sex online grooming scenario, and [The Party](#) highlights peer-to-peer sexual pressure and grooming. 'Listen To Your Selfie' is aimed at helping young people recognise signs they are being manipulated, controlled or exploited so they feel empowered to make their own decisions or choices. We hope that by putting this in the spotlight we can help young people to feel able to speak up if they feel worried or scared about a situation or relationship.

[NSPCC](#)

Whilst children are at home, they are still communicating with their friends they may still be communicating on social media and gaming sites. **You can find tools about online bullying here.** www.anti-bullyingalliance.org.uk/tools-information/all-about-bullying/online-bullying

And finally if your young person or you want any advice about anything, or just to talk, Childline online platform has a variety of help and guidance. Access the site below.

<https://www.childline.org.uk/info-advice/>

For hints and tips please follow our social media accounts below. You can contact us online or via our website

<https://www.cheshire.police.uk/>

*****Want to stay in touch please follow our Safe Schools and Young person FaceBook and Twitter account *****

Follow [@cheshirepolice on Twitter](#) | Like [Cheshire Police on Facebook](#) Follow [@CheshireSSYP on Twitter](#)

Kind Regards PC Sarah Bailiff

Youth Engagement Officers, Safer Schools Partnership,



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- **FREE Parental Resource – Child mental health & wellbeing, 10 top tips**

Maintaining good mental health is just as important as having a healthy body. It affects the way children think, feel and act. As a parent, you play an important role in promoting your child's mental health and recognising when there may be early signs of difficulties...

<https://ssscpd.co.uk/education/parentsandguardians/child-mental-health-10-tips-for-parents/-/pj==s>



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