



EPCHS Student 'PD' Bulletin #27

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



Let us pray...

When this is over,
may we never again
take for granted
A handshake with a stranger
Full shelves at the store
Conversations with neighbors
A crowded theatre
Friday night out
The taste of communion
A routine checkup
The school rush each morning
Coffee with a friend
The stadium roaring
Each deep breath
A boring Tuesday
Life itself.

When this ends,
may we find
that we have become
more like the people
we wanted to be
we were called to be
we hoped to be
and may we stay
that way—better
for each other
because of the worst.

LAURA KELLY FANUCCI

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

Mrs McHugh's Library News

Don't forget the myON Reading Portal this Lockdown...



The reading portal myON, is now available to all 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.



**WE LOVE
READING**

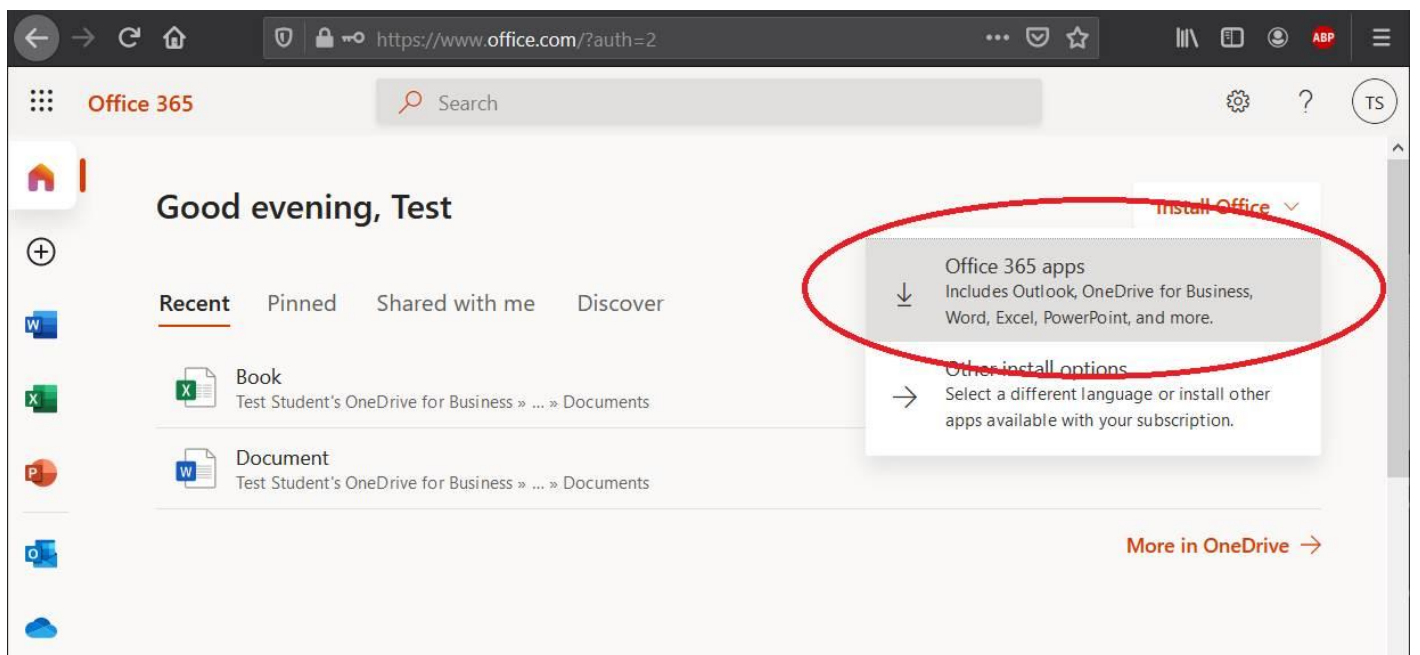
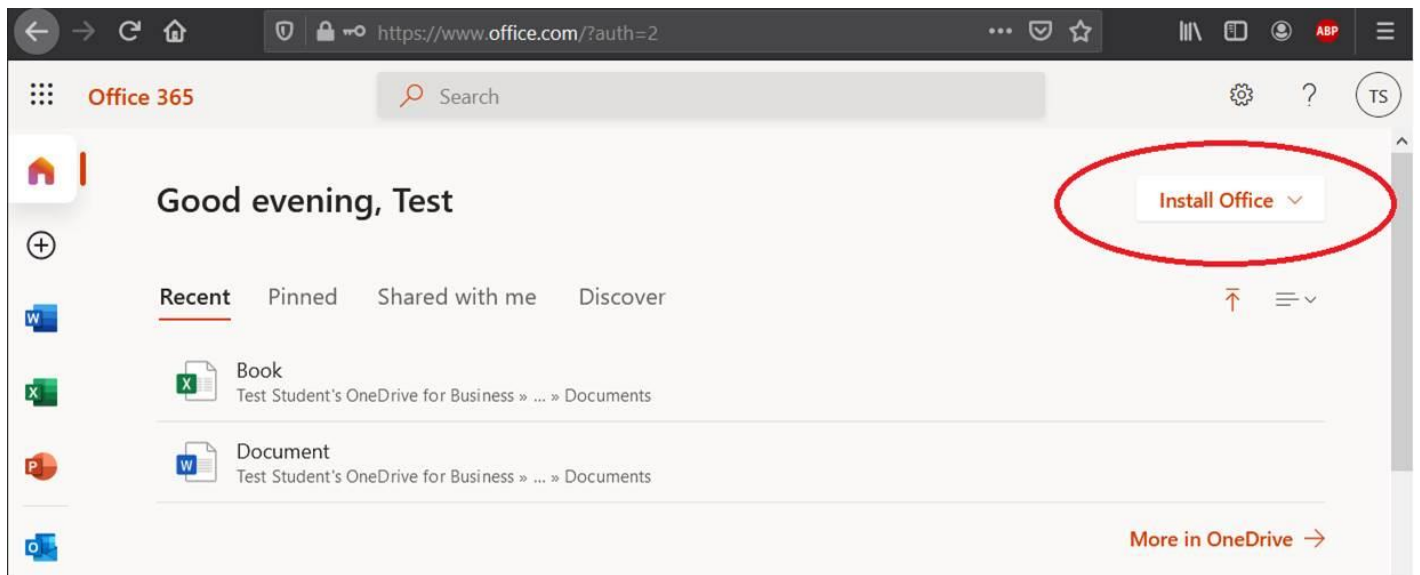


FREE Microsoft Office for ALL

All students of EPCHS benefit from Microsoft Office 365 A3 licences. This entitles them to install the full Microsoft Office 365 suite (including Word, Excel, PowerPoint and Publisher) on up to five PCs or Macs per user and up to five tablets and five phones per user.

Desktops & Laptops

To install the Office suite onto a Windows computer or an Apple Mac, simply use the computer's web browser to access <https://office.com>. When prompted, sign in with the student's email address (e.g., 20jbloggs@stu.epchs.co.uk) and the same password that is used to log into Teams and the computers at school. Once logged in, you will see a button in the top-right corner labelled 'Install Office'. Click it and then click 'Office 365 apps' from the drop-down menu.



The correct file for either Windows or MacOS will begin downloading. Once complete, simply follow the instructions to complete the installation.

Microsoft verifies that the software is licensed after the installation is complete by asking you to sign in. The login prompt may appear when you first attempt to use an Office program (such as Word). Again, use the same email address and password as before.

When using Office for the first time, you will see the following options. We recommend you choose the top one, labelled 'Office Open XML formats'.

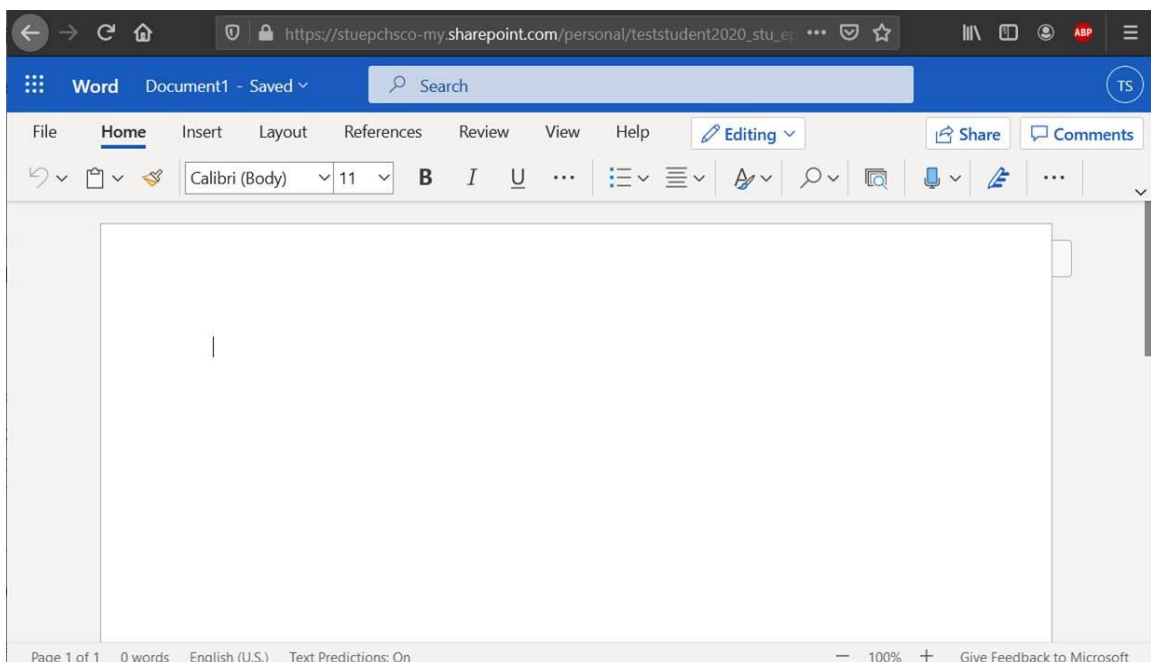
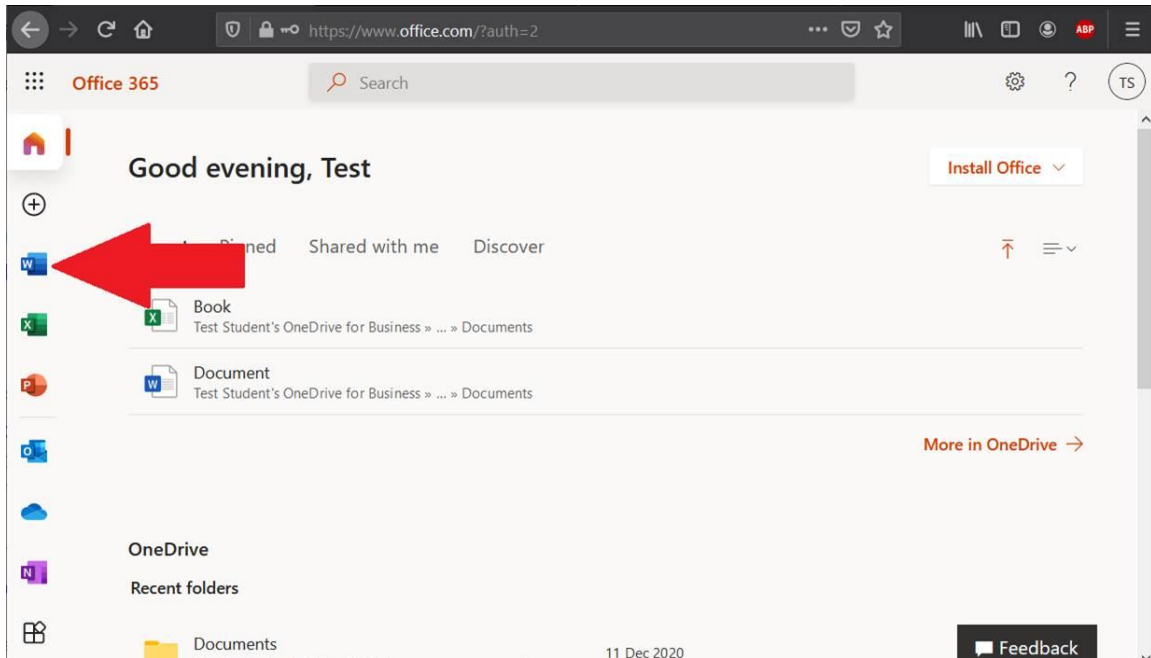


Phones & Tablets

Installing Office onto tablets or phones is typically done through either the App Store on Apple iPhones and iPads, or the Play Store on devices that run Android (which includes most mobile phones and tablets that are not manufactured by Apple). Simply search for the specific apps you would like to install, such as Word or PowerPoint. Again, the license is determined from the username, so simply sign in with the email address and password as above.

Chromebooks & Other Devices

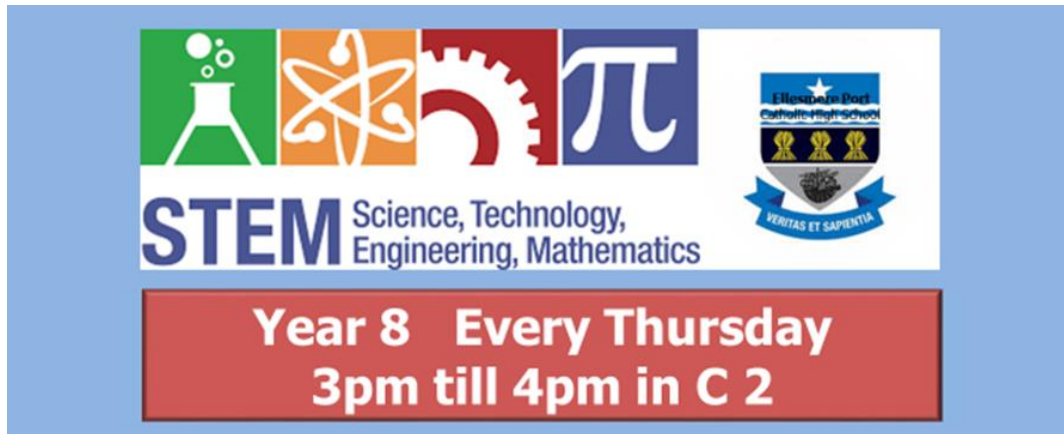
For students that are using Chromebooks or other devices not mentioned above, we recommend that you use the Office web apps which are slightly trimmed down versions of the desktop programs that run inside a web browser. These are also accessible from <https://office.com> as shown below. Just sign in as described above, and click the icon of the app you'd like to use on the left of the screen.



If you experience any technical difficulties or need any of the above clarifying, our IT support team are ready to help. They can easily be contacted by email using the address helpdesk@epchs.co.uk

Year 8 STEM Club is on every Thursday...

Mr Hickman is currently investigating a new way of running our growing STEM Club remotely so don't forget to check in with the STEM TEAMS PAGE and keep up to date with what is going on...



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



Be the change you want to see in the World...

HSBC Work Experience:

We have some really exciting news to share, HSBC Work Experience is now live!

Opportunities across the whole of the UK, in financial services, investment banking, marketing, digital, compliance and HR.

The Work Experience opportunities will be available through June to August 2021 and will be 1-week long.

Open to all secondary school or college students in Y10 / S3, Y11 / S4, Y12 / S5 Y13 / S6 & Y14, applications close on 21st February!

If you have any questions about applying, please get in contact!

Application Link:

<https://bit.ly/3rjRiT2>



Marks & Spencer's Webinar:

2020 has proven how much retail means to our communities, so why not be a part of transforming it at one of the UK's most iconic brands.

M&S are recruiting Retail Management and Fashion apprentices across the UK, giving you the ultimate fast track to managing your own department and looking after multi million pound budgets, all while being coached and mentored by their retail management experts.

If you'd like to consider applying for a M&S apprenticeship program and are interested in Business, Retail, Management or Fashion then you can find your unique sign up application link below to this webinar!

Key Details:

- Thursday 28th January, 5pm - 6pm
- Insight to M&S (one of the UK's most iconic brands)
- Open to all Y12 / S5, Y13 / S6 and Y14 students
- Great opportunity for students looking to get into business, management, retail or fashion!

Webinar Application Link:

<https://www.research.net/r/Marks-Spencer-Webinar>



For Year 10 - Year 13 students – Medicine in Action...

Medicine in Action returns with a special half-day online programme for aspiring medics on January 26th. 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 at Medicine in Action. As usual, there will be plenty of opportunities to interact, with questions, polls, quizzes and more. Don't miss out! Book today!

[Book now](#)

Tickets to join us online are priced at **£8 plus VAT** each (each student will require their own ticket). The programme can be viewed at school or at home, broadcast in a class/hall or accessed on individual computers, and if timetabling is a real struggle the recording can be viewed for up to a week after the event.

Work experience opportunities at STFC Daresbury Laboratory

STFC Daresbury Laboratory is a government funded Lab, working mainly in the fields of Engineering, Physics and Scientific Computing. Every summer they offer **work experience to high school students, aged 14-18.**

Applications for the 2021 programme will open in **January 2021**

To find out more about the online work experience programme, please take a look at their website: <https://stfc.ukri.org/about-us/work-with-us/work-experience/workexperienced/> The application form will go live on their website from January. Students who apply will be asked to describe why they are interested in taking part in the programme and provide some information about their predicted grades. All students who apply will be invited to take part in a webinar series, which will run throughout the summer and successful applicants will be invited to take part in a week-long interactive project, which meets Gatsby benchmarks. The dates for these placements are provisionally **28 June – 2 July, 5-9 July and 12-16 July.**

Unifrog: Skills and Enterprise Week: Jan 25th – Feb 2nd 2021



Student skills development webinars...

We had over 6,000 students attend our recent Subject discovery webinar series and 96% of them said they would attend another Unifrog student webinar!

As part of Skills & Enterprise Week, we're running **free student skills development webinars** at 4.30pm each day. Perfect for students in Y10-Y13 as they start to think about the skills they need for the world of work.

In each session, **employers** will explain why these skills are important and how students can develop them:

- 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

Students can **sign up now via the Webinars tool** on their Student homepage.



For A Level and IB students, 20th January 2021

We are delighted to announce a full programme of Engineering in Action, delivering inspiration and motivation for students who may be considering a future in one of the many diverse fields within Engineering.

Join award-winning Structural Engineer Roma Agrawal MBE to discover the recipe for a skyscraper, find out how to engineer a spacesuit with Dr Jackie Bell (who you may have seen as a contestant on BBC's *"Astronauts: Do you have what it takes?"*) and explore the future of artificial intelligence and robotics with Dave Cliff. The afternoon will be brought together with a special panel session, titled "I'm an Engineer, ask me anything!", where all three of our speakers and some other special guests will be available for your questions. In short, we have an unmissable programme planned for your students. Don't miss out!

[More information and tickets](#)

Tickets to join us online are priced at **£8 plus VAT** each (each student will require their own ticket). The programme can be viewed at school or at home, broadcast in a class/hall or accessed on individual computers and, if timetabling is a real struggle, the recording can be viewed for up to a week after the event.

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



A MENTAL HEALTH GUIDE TO COPING WITH LOCKDOWN IN THE WINTER

@BELIEVEPHQ



LIGHTING

On dark mornings wake up gradually with increasing light. Try out a SAD light or lumie bodyclock



LIMIT NEWS

Limit the amount of time you spend on social media and checking news



TAKE TIME FOR YOURSELF

Plan time into your week where you can engage in activities that are relaxing. It is important to have time for yourself where you engage in some self care



STAY CONNECTED

Even though it might be difficult to see friends and family it is important that you stay connected to them on a regular basis



COPING STRATEGIES

Identify some positive strategies you can engage in that help you to deal with stress, worry or anxiety



PLAN YOUR WEEK

Organise your week and plan in activities that provide you with a sense of pleasure and achievement



POSITIVE HABITS

Write down a list of 5-10 positive mental health habits you can engage with on a regular basis to maintain your mental fitness



HELP OTHERS

Whether it is helping around the house or supporting your brother or sister, helping others can help provide you with positive emotions



CONNECT TO YOUR VALUES

Re connect with things that are important to you and try to engage with them on a regular basis



STAY ACTIVE

Throughout the day try and be active. Take a break from your work and walk around. Regular exercise can also be great for reducing stress and boosting mood



ASK FOR HELP

If you notice yourself struggling reach out to family, friends, your doctor or a local mental health charity for help



Thought for the week...



#TheEPCHSWay
#MakeitCount