



EPCHS Student 'PD' Bulletin #18

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

Today we live in a digital age, where we scroll constantly past endless photographs which have been artistically changed, distorting the world in which we live. In many cases we never truly connect, we live within a screen and social media has not brought us together, it has separated us. In the summer, Pope Francis asked us to communicate in person, to connect, to experience the world in real time...

Let us pray...

Our Father,

Who art in Heaven,
hallowed be Thy name;
Thy Kingdom come,
Thy will be done
on earth as it is in Heaven.
Give us this day our daily bread;
and forgive us our trespasses
as we forgive those
who trespass against us;
and lead us not into temptation,
but deliver us from evil

Amen.

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



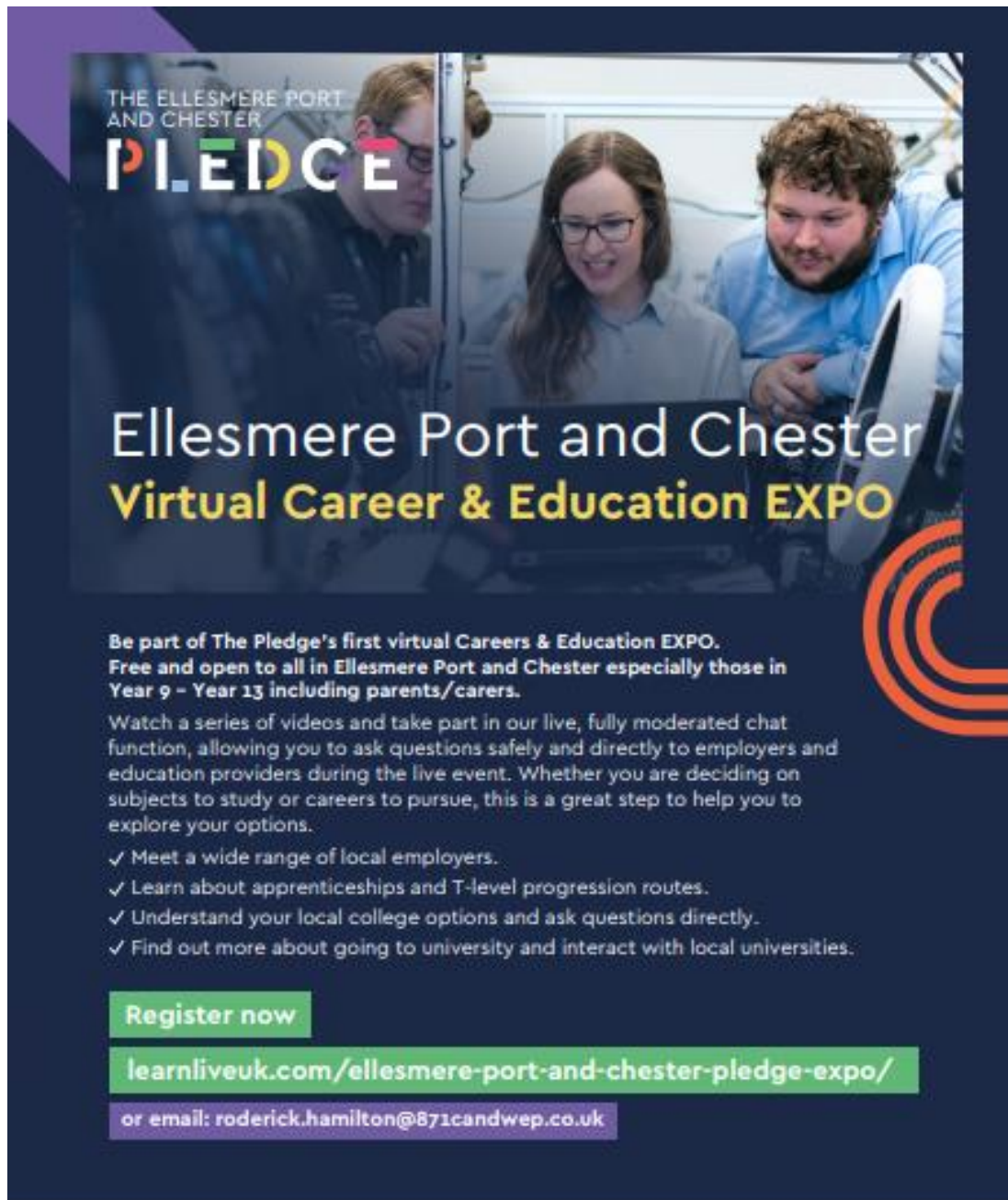
**"Great things happen
when you care"**

Psalm 21: He asked for life and you gave it to him



Ellesmere Port and Chester Virtual Career and Education EXPO

The Pledge are holding the Virtual Career and Education EXPO for the Ellesmere Port and Chester, this Thursday, October 15th starting at 5pm. The event requires you to register via the 'Learn Live' website which is shown on the flyer below. With a range of talks from a number of employers and the change to chat live via the Learn Live site, this really is a great opportunity to begin preparing for your future.



THE ELLESMERE PORT AND CHESTER
PLEDGE

Ellesmere Port and Chester Virtual Career & Education EXPO

Be part of The Pledge's first virtual Careers & Education EXPO. Free and open to all in Ellesmere Port and Chester especially those in Year 9 - Year 13 including parents/carers.

Watch a series of videos and take part in our live, fully moderated chat function, allowing you to ask questions safely and directly to employers and education providers during the live event. Whether you are deciding on subjects to study or careers to pursue, this is a great step to help you to explore your options.

- ✓ Meet a wide range of local employers.
- ✓ Learn about apprenticeships and T-level progression routes.
- ✓ Understand your local college options and ask questions directly.
- ✓ Find out more about going to university and interact with local universities.


Register now

learnliveuk.com/ellesmere-port-and-chester-pledge-expo/

or email: roderick.hamilton@871candwep.co.uk

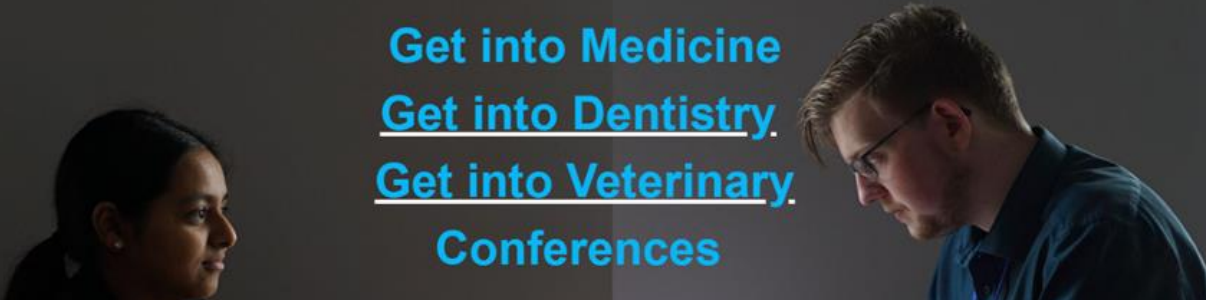
#MAKEITCOUNT

Do you want to join the medical profession?



**FUNDED PLACES FOR
EPCHS STUDENTS!**

Get into Medicine
Get into Dentistry
Get into Veterinary
Conferences



Join our Team at EPCHS to get access to FREE conferences and training with MEDIC MENTORS. To find out more about this great opportunity contact Mrs C Murphy – Careers Lead in B20.

CAREERS ACTIVITIES

WORKING LUNCHES

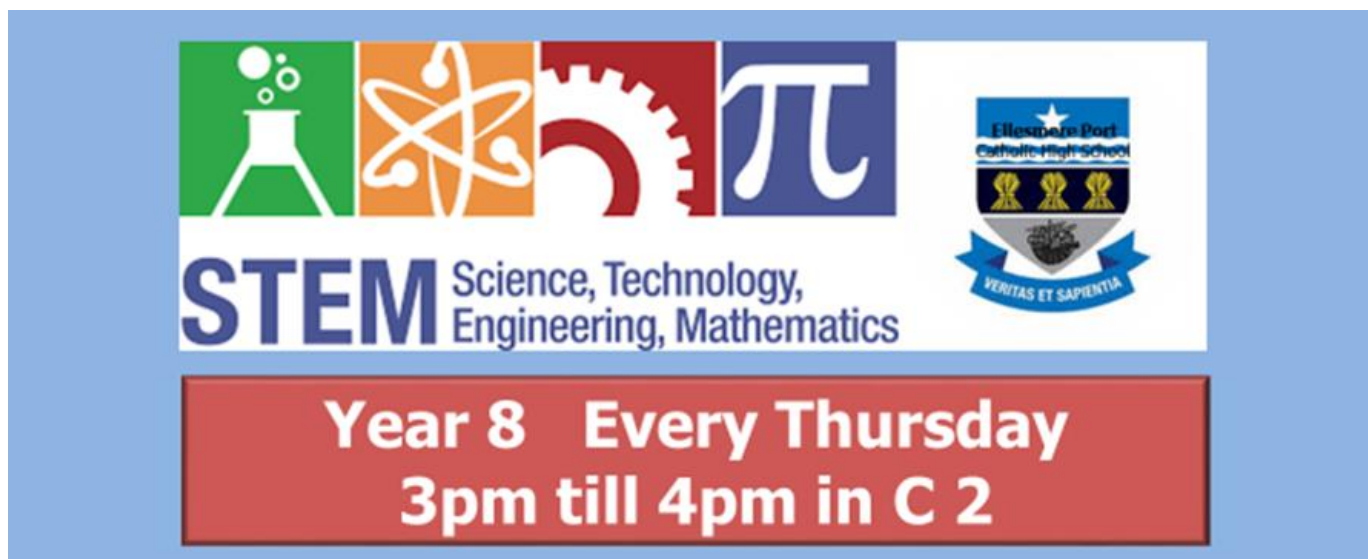
Coming soon will be a series of Working Lunches where you will have the opportunity to meet with employers and colleges from the local area. This will be another great opportunity to engage with key people that can help you achieve your goals.

If there is a specific organisation or area of employment you would like to know more about, please see Mrs Murphy in B20 with your request.



Don't forget Year 8 STEM Club is on this Thursday

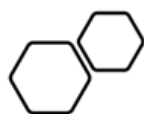
Thursday's STEM club will return this week and all Year 8 are invited to attend. For further information, please see Mr Hickman in C2.



The banner features a blue background with a white bar at the top containing icons for a flask, an atom, a gear, and the pi symbol. To the right is the Ellesmere Port Catholic High School crest with the motto 'VERITAS ET SAPIENTIA'. Below the icons, the text reads 'STEM Science, Technology, Engineering, Mathematics'. A red box at the bottom contains the text 'Year 8 Every Thursday 3pm till 4pm in C 2'.

Important Information for ALL students is self-isolating...

Expectations of Students Self-Isolating



Participate in the blended learning process

- Attend timetabled sessions for live, recorded or tasks to complete
- Complete independent work
- Submit tasks promptly



Independent work tasks will include

- Working through presentations and worksheets
- Reading and making notes from textbooks and other electronic resources
- Listening exercises, essays, coursework, practice questions or past exam papers
- Working through exercises offered by external providers such as Seneca Learning, Hegarty Maths and The Everlearner



Read and respond to communications

- Check your school email daily
- If you are having issues with school email contact helpdesk@epchs.co.uk
- Emails from class teacher, form tutor & pastoral leader
- Check for communications via Teams and Show My Homework Satchel One daily



Live or recorded lessons

- Link will be sent via Microsoft Teams for the lesson to take place during usual timetabled lesson time
- Check Teams and Show My Homework Satchel One for regular updates



Work will be set for students at home via

- Show My Homework Satchel One
- If you need SMHW Pin contact CJO@epchs.co.uk
- Microsoft Teams
- If you are having issues with Teams contact helpdesk@epchs.co.uk



Submitting work

- To submit work use the Microsoft Teams Assignments Tab
- OR
- Email complete work to the member of staff
- By the set deadline
- [Link to staff email](#)



HANDS

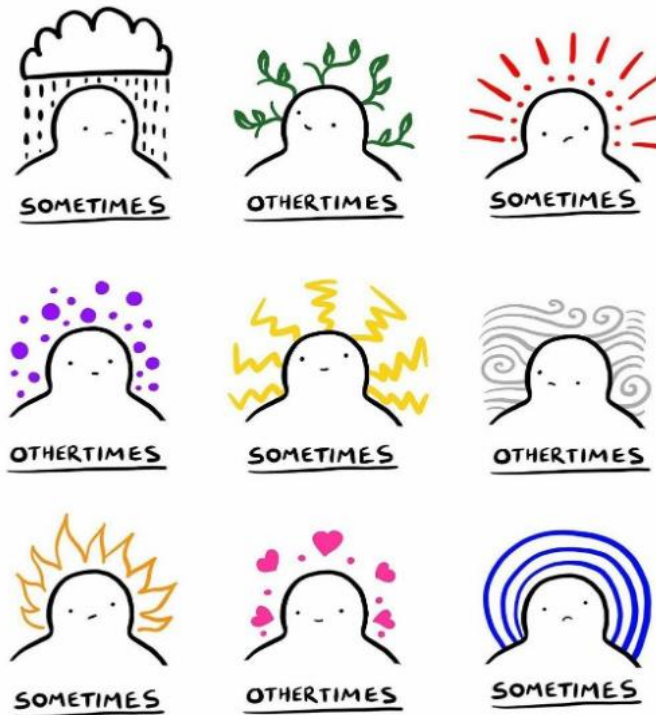


FACE



SPACE

Mental Health Matters



If you wish to speak to someone anonymously, then please see the information below:

Childline
0800 1111 (24hr)

The MIX
0808 808 4994 (11am-11pm)
TheMix.org.uk

In school you can talk with your

- form teacher
- Pastoral Leader
- class teacher
- Senior Leaders
- Learning Mentor
- a friend
- anyone.

We are always, here to help.



WHAT TO DO IF YOU START FEELING ANXIOUS DURING YOUR DAY

 @BELIEVEPHQ



Engage in some slow and steady breathing to calm your mind and body



Try to identify any thinking errors you might be making



Identify some self care activities you can plan into your day



Fact check your thoughts or worries by looking at the evidence for and against your thoughts



Speak to someone who will listen to you and understand how you are feeling



If you feel you are struggling reach out to your doctor or a mental health charity for support



Try and bring yourself back to the present moment by focusing on your senses



Physical activity or exercise can be a good way to boost mood and reduce stress and anxiety



Pay attention to your mind and body and find something to do will help relax you



Writing down your worries can help you understand how you are truly feeling





TikTok is a video-sharing social media app available on iOS and Android which lets users create, share, and view user created videos in a similar manner to Facebook, Instagram and Snapchat. Its main draw, however, is that users can record and upload bite-sized looping videos of themselves lip-syncing and dancing to popular music or soundbites, often for comedic effect, which can then be further enhanced with filters, emojis and stickers. TikTok has been designed with the young user in mind and has a very addictive appeal. At the beginning of 2019 it skyrocketed in popularity and has featured near the top of download charts ever since. Estimates suggest that it now has anything between 500 million and over 1 billion monthly active users worldwide.



What parents need to know about

TIKTOK



AGE-INAPPROPRIATE CONTENT

On the iOS store, TikTok is listed as 12+. On the Google Play Store it is rated as 'Parental guidance recommended'. When signing up to the app, it's possible to lie about your age without any form of verification. As children scroll through their feed, most of the videos they're likely to come across are light-hearted or designed to make people laugh. However there have been a number of videos reported for featuring drug and alcohol abuse, self-harm and young teens engaging in sexually suggestive content. More recently, suicide-themed related videos have been widely circulated. Given the deluge of material uploaded to TikTok every day, it's impossible to moderate everything and it can be common to come across explicit and age-inappropriate content on the 'for you' feed when logging into the platform.



INAPPROPRIATE MUSIC

TikTok revolves around creating music videos through lip-syncing and dancing. Inevitably, some of the music featured by users will contain explicit or suggestive lyrics. Given the undeniably young user base, there is a risk that children may look to imitate the explicit language they hear or the suggestive actions they see when viewing others user's videos on the app.



TIKTOK FAME

TikTok is very image focused and there is a notable preoccupation with appearing cool and attractive. Many teenagers now attempt to go viral and become what's known in-app as 'TikTok famous'. TikTok (and its predecessor Musical.ly) has spawned its own celebrities - social media stars Loren Gray and Jacob Sartorius have been catapulted to fame through their initial exposure on the app. Obviously, most budding influencers looking to become the next big thing will be disappointed, but this may have the knock-on effect of making them go to more and more drastic lengths to get noticed.



ONLINE PREDATORS

As a social network, TikTok makes it easy to connect with other users. This includes the ability to comment on and react to other user's videos, follow their profile and download their content. Be aware that by default, any user can comment on your child's video if their account is set to public. Most interactions are harmless enough but as an app, TikTok is prone to predators because of the abundance of younger users.



ADDICTIVE NATURE

Social media is designed to be addictive and TikTok is no different. It can be fun and hugely entertaining. However, it is also because of this that it can be hard to put down. In addition to the short, punchy nature of the looping video format, the app's ability to keep you guessing what will come on screen next makes it easy to turn a five-minute visit into 45-minute visit.



IN-APP PURCHASES

Aside from the content, there's also the option to purchase in-app extras called 'TikTok coins'. Prices range from £0.99 for 100 coins to an eye-watering £93.99 for 10,000 coins. TikTok coins are used to purchase different emojis to reward content creators that a user finds funny or entertaining. In the iOS version of the app you can disable the option to buy TikTok coins but this sadly doesn't seem to be a feature in the Android version.



Safety Tips For Parents



TALK ABOUT ONLINE CONTENT

Assuming your child is above the age limit to use TikTok, make sure you take the time to talk to them about what they are seeing on the app. Have an open dialogue, get them to give you their opinion on what is appropriate and model the correct behaviour. Go over why they shouldn't give out private information or identifiable photos and be positive and understanding. In the long run, getting them to think critically about what they're seeing goes a long way to keeping them social media savvy.



USE PRIVACY SETTINGS

Undoubtedly, the easiest way to safeguard your child on TikTok is to make sure their account is set to private. This means only those users your child approves can view, like, and follow their content. Setting the account to private may clash with your child's goal of social media superstardom, but it will keep their account secure from strangers. This setting can be enabled under the privacy and safety menu by pressing the ellipsis in the 'top' tab of the app. To be extra safe, there are additional controls available to toggle such as who can send comments and messages, among other options.



ENABLE RESTRICTED MODE

In the digital wellbeing section there's the ability to turn on restricted mode using a PIN. Restricted mode filters out content that is not age appropriate although it should be noted that this isn't always 100% fool proof. When enabling restricted mode, parents should still be vigilant to what their child is watching and take note that the algorithm moderating content is not infallible.



MONITOR VIEWING HABITS

Even if it doesn't make you popular, keep a close eye on what your child is viewing and sharing on TikTok. Whilst the app has moderation tools, videos can still slip through the net so it's important to regularly check in on what they're watching. Understanding and learning the app yourself is a great way to get to grips with it. You could then even watch some videos with your child, turning it into a bonding opportunity also.



LEARN HOW TO REPORT AND BLOCK INAPPROPRIATE CONTENT

With the proper privacy settings in place, TikTok can be a relatively safe space for your child to express themselves. However, in case something does manage to slip through, make sure your child knows how to recognise and report content that isn't appropriate and get them to come to you about what they have seen. TikTok allows users to report offenders and comments within the app. You can also block individual users by going on their profile.



MODERATE SCREEN TIME

As entertaining as TikTok is, you can help your child moderate their time on the app by making use of the digital wellbeing section. Under the screen time management option, you can limit the daily allotted time allowed on the app in increments ranging from 45 to 120 minutes. You can also lock this preference behind a PIN number which has to be inputted in order to then exceed the daily time limit. This way your child can get their daily dose of memes without wasting away the day.



Meet our expert

Pete Badh is a writer with over 10+ years in research and analysis. Working within a specialist area for West Yorkshire Police, Pete has contributed work which has been pivotal in successfully winning high profile cases in court as well as writing as a subject matter expert for industry handbooks.



FAMILY SAFETY MODE

TikTok Family Safety Mode allows parents to link their own TikTok account to their child's. It's a great way to oversee your child's digital wellbeing by giving you direct control over their safety settings and being able to remotely turn features on and off. This includes managing screen time, the ability to send and receive direct messages (and with whom) and the ability to restrict the appearance of content that might not be age appropriate.



SOURCES: www.tiktok.com

Gaming to Development – G2D

ATTENTION ALL YEAR 10 and YEAR 12 STUDENTS

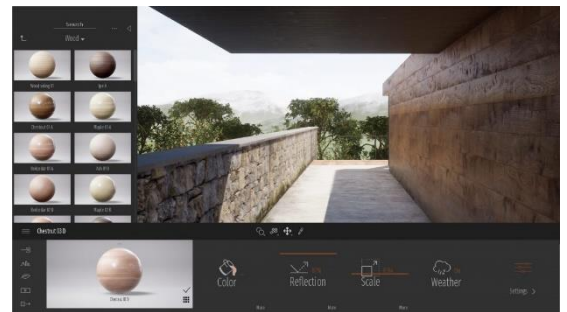
Do you play online multiplayer games such as Fortnite or Minecraft?

Are you creating 3D virtual environments and objects when playing these games?



If you are, do you know that you are developing skills that will help you in the future – skills that are highly valued by employers.

Would you like to find out about how you can use these skills to develop a new range of 3D Virtual environments and objects?



Would you like to find out about how industries such as space, engineering, construction, and film are looking for young people with 3D design skills?

Would you like to find out about some of the careers you could work in where you can use the skills you are developing through gaming?

If the answer is **'YES'** then you need to find out more about the Gaming to Development project. With just **6 places available** for both Year 10 and Year 12, this is an opportunity not to be missed!

**Please see Mr Hughes for further information
and to register your interest.**

Thought for the week...



#BeKind. Always.

