



EPCHS Student 'PD' Bulletin #25

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



Let us pray...

God of hope, we cling to you, for you renew the face of the earth.

Through the gift of your Son, our Lord Jesus, we follow you on the path of dawn.

Enlightened by your love and wisdom, help us to lead each other and all creatures back to your open arms.

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

KS5 Engineering in Action...

We are delighted to announce the return of the popular Engineering in Action enrichment programme for KS5 students. In response to tremendous demand, **Engineering in Action will take place ONLINE as a special half-day programme on January 20th 2021.**

Join award-winning Structural Engineer Roma Agrawal to discover the recipe for a skyscraper, and 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"). With one more session to announce plus a special panel session "I'm an Engineer, ask me anything", it is shaping up to be an unmissable programme. Do not miss out!

Tickets to join the event online are priced at £8 plus VAT each (each student will require a ticket). The programme can be viewed at school or at home and if timetabling is a real struggle, the recording can be viewed for up to a week after the event.

To book your place visit:

<https://thetrainingpartnership.org.uk/study-day/engineering-in-action-20-01-2021/>

Mrs McHugh's Library News

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



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.

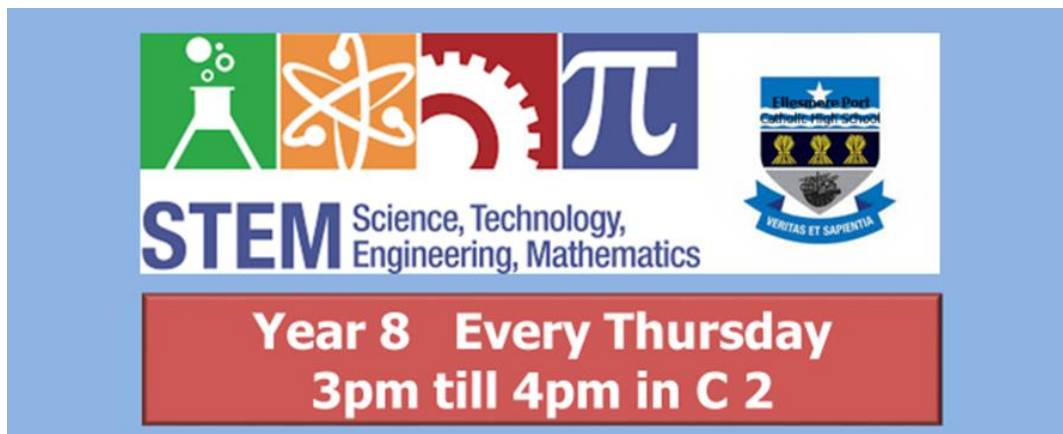
Please speak to Mrs McHugh in the library for reading suggestions on myON or ask your subject teacher for something to support your learning in class.



**WE LOVE
READING**

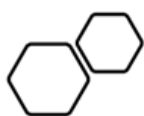


Year 8 STEM Club is on every Thursday



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](#)

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



HANDS



FACE



SPACE

**Masks should be worn at all time
when moving around school.
Thank you**



**A huge thank you to everyone who donated to
our School Food Drive, you have helped make a
difference to the people of Ellesmere Port this
Christmas. You really are amazing!**

**This week your donated food will be delivered
to the local foodbanks in Ellesmere Port.**



**“Great things happen
when you care”**

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



EPCHS Festive Wellbeing Challenge

Ready for a Christmas Challenge? Can you complete the 5 areas of Wellbeing this Christmas? Why not challenge your friends and make a difference by taking part in the EPCHS Festive Wellbeing Challenge?

We are asking students to focus on; giving to others, connecting, learning, taking notice and being active. All these things have a positive impact on wellbeing and help improve our mental and physical health.

More information will be shared on your year group team page over the coming days and in assemblies. Check it out to know how to get involved, this is your change to make it count!

To share your experiences of giving to others, connecting, learning, taking notice and being active, please scan the QR code and enter your details...we wonder, can you make it to the North Pole?



Mental Health Matters

The YoungMinds Wellbeing Advent Calendar ☆☆☆

Looking after your wellbeing as you countdown to the holidays

YOUNGMINDS 360° schools

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>30 Christmas wish list</p> <p>Get ready for December with a Christmas wish list for the world. Write down all the things that would make the world a better place for everyone.</p> <p>Tip: Each pupil can write their list first, then this can be added to an ultimate class list.</p>	<p>1 Knock, Knock?</p> <p>Ask each pupil to write down and share their favourite jokes to brighten up everyone's day.</p> <p>Tip: To help them get started, here are some of our favourite jokes from Beano youngminds.org.uk/beano-jokes</p>	<p>2 The gift of giving</p> <p>Share an act of kindness with someone in your school. It could be a kind word, a compliment, a smile. Think about how this made you feel and how this made them feel.</p> <p>Tip: Take the gift of giving outside the classroom and show others that you're thinking of them.</p>	<p>3 Light up the Christmas Tree</p> <p>Draw a Christmas tree that has five or more lights on it. Brighten up each Christmas light with the name of friends you can count on.</p> <p>Tip: If a pupil is struggling, suggest someone in the class who is supportive, friendly or reliable.</p>	<p>4 Share something special</p> <p>Ask your students to share with the class something that has really cheered them up when they were feeling down.</p> <p>Tip: Ask your pupils to think about how it makes them feel and why.</p>
<p>7 Snowman of gratitude</p> <p>Draw three circles to make the shape of a snowman. In each 'snowball' write the things you are grateful for.</p> <p>Tip: You could extend this by asking pupils to carefully cut them out and stick them up around the classroom.</p>	<p>8 Have a giggle</p> <p>Have a go at laughter yoga. Sit in a circle and laugh at everything and anything. What may start as a fake laugh will soon turn into a genuine free-flow of class happiness.</p> <p>Tip: Warm up by clapping your hands and other playful exercises.</p>	<p>9 Letter from Santa</p> <p>Write a letter that Santa could give to another pupil who is having a tough time.</p> <p>Tip: Collect all the letters and each day spend 5 minutes reading one out to the class.</p>	<p>10 And breathe...</p> <p>Start the day focusing on your breathing. Ask your class to close their eyes and listen to their breath as they inhale for four and exhale for four.</p> <p>Tip: Get everyone out of their seats to sit or lie flat in a comfortable position anywhere in the classroom.</p>	<p>11 Positive paper chains</p> <p>Give each pupil a strip of paper for them to write a positive message. Connect all the strips in a paper chain and display around the classroom.</p> <p>Tip: Instead of connecting them put them in a basket for pupils to take when they need a dose of positivity.</p>
<p>14 Superheroes unite!</p> <p>Ask your class if they know a keyworker and draw them as an ultimate 2020 superhero. This could be teachers, nurses, bus drivers or shop workers.</p> <p>Tip: Create the ultimate superhero individually or together on the whiteboard.</p>	<p>15 Christmas boogie</p> <p>Ask the class to pick a tune to their favourite songs and have a sing and dance together.</p> <p>Tip: Keep it festive and play music from films like Polar Express, Frozen or Home Alone.</p>	<p>16 Festive hats!</p> <p>Have different coloured paper across each table and ask pupils to design or create a showstopping festive hat.</p> <p>Tip: Punch two holes and add some string to hold the hats on their heads for the rest of the day.</p>	<p>17 Rainforest orchestra</p> <p>Pick a pupil to start a clapping rhythm. One by one, ask each pupil to join in, until everyone is clapping. Direct them to clap louder, quieter, or stomp their feet to sound like a rainstorm.</p> <p>Tip: Add in different animal sounds. End with shhh sounds as the animals go to sleep.</p>	<p>18 Have a restful day</p> <p>Set aside time to relax. Christmas can be a stressful period so it's important that we look after ourselves.</p> <p>Tip: Make time for your own self-care too. Ask your pupils and colleagues what they will be doing for self-care over holidays.</p>

Form Time and Assembly

In January we will be reverting back to Form time in the morning as opposed to the afternoon. This is to allow all students to spend valuable time with their Form Tutors which students have said they have missed this term. This will be monitored for half a term.

Christmas Jumper Day...



Wednesday will be Christmas jumper day in school. It's not compulsory for staff or students but if you would like to get involved we are asking for a voluntary donation of £1 which will go to charity. Students should still wear the rest of their uniform (only the jumper changes).

6th form students will be at the front of school collecting any donations.

Please do not hesitate to contact me if you need any further info.

Mrs Henderson

Christmas Shop

We will be holding a small Christmas Shop during lunchtime next week. This is part of an Enterprise Project by the Year 9 students who are taking part in the Princes Trust programme in school.

Monday - Year 7 zone

Tuesday - Year 8 zone

Wednesday - Year 9 zone

Thursday - Year 10 zone

Please see the list of items available to purchase and prices.

Can we please ask that the correct money is brought into school to reduce any handling of cash.

Many thanks for your support.

Mrs Butler



FUNDRAISING
IN SUPPORT OF
**HELP for
HEROES**



Princes Trust Christmas Shop 2020 **(All proceeds to Help for Heroes)**

Item	Price
Log Design Tree Decorations	£1.50
Small Red & White Tree decorations	50p
Reindeer Food	50p
Christmas Candles	£1.50
Drinking Chocolate	£1.00
Christmas lollipops	50p
I would like to make a donation to Help the Heroes	

A Christmas card is given with every purchase made

SIXTH FORM INFORMATION, ADVICE AND GUIDANCE

Careers with the NHS

With a nursing degree, the opportunities are endless

Not only will students receive hands-on training and professional support from their passionate peers, they'll be changing lives for the better, right from the start. Few careers can be referred to as a 'job for life', but nursing is one – [94% of nursing graduates employed](#) within six months of finishing their degree.

[Share email guide with someone](#)



Or become an allied health professional

There are [15 different allied health professional roles](#) and they each work across a range of sectors in the NHS, from emergency response and diagnosis to mental and physical rehabilitation.

Each role plays a crucial part in treating, rehabilitating and improving patient's lives. Students will have the opportunity to get involved from day one, working alongside specialists from all levels who will support and mentor them throughout their career.

[Share more information with a potential student](#)



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



NHS
Cheshire and Wirral
Partnership
NHS Foundation Trust

@cwpnhs
www.cwpartnership.nhs.uk

**Need urgent
mental health support?
Call: 0800 145 6485
Open 24/7 calls are free**

Thought for the week...



#TheEPCHSWay
#MakeitCount