



EPCHS Student 'PD' Bulletin #28

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



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



Your time,
your words,
your presence



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES.
SEE OPPORTUNITIES.
SURPRISE YOURSELF



DO WHAT YOU CAN.
ENJOY WHAT YOU DO.
MOVE YOUR MOOD

Let us pray...

PRAYER FOR STRENGTH

Jesus, captain of my life, may your strength arise.
Deep to deep my heart will soar with you on grace filled skies.
Jesus, captain of my mind, may your hope take flight.
Wing to wing my faith will fly with you on promise bright.
Jesus, captain of my soul, may your love abide.
Heart to heart you cherish me, with you I come alive.

....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

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**



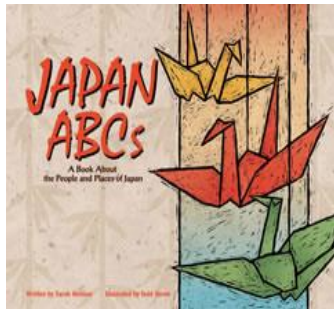
Let's go to Japan...

Whilst we can't go on holiday at the moment, that doesn't mean we can't explore other parts of the world through reading! It's made me think about visiting different countries on myON – and my first destination was Japan! Why not join me and take a trip to Japan through myON? You can learn fascinating facts and look at some beautiful aspects of Japanese geography, culture and history. Here are my recommended reads for Japan:



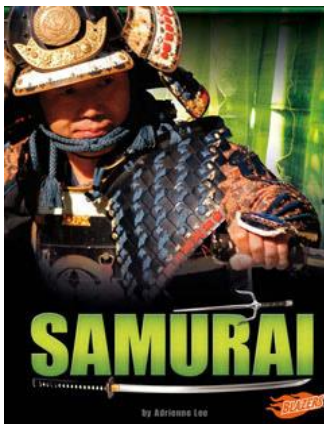
Japan: Benjamin Blog and his Inquisitive Dog Guide (Level 4.7 / Quiz Number 226961)

Join intrepid explorer Benjamin Blog and his inquisitive dog Barko Polo as they travel to one of the world's most fascinating countries: Japan! The book includes chapters on Japanese history, geography, cities, people, and food, as well as visiting some of the most famous places in this unique country.



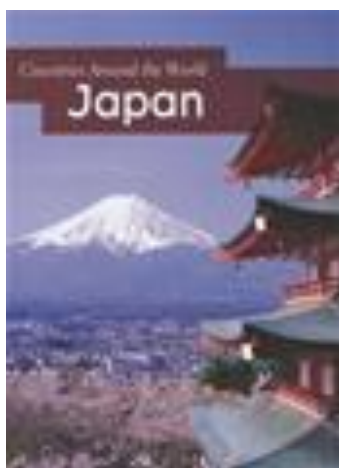
Japan ABCs: A Book about the People and Places of Japan (Level 4.3 / Quiz Number 235325)

This book is an alphabetical exploration of the people, geography, animals, plants, history, and culture of Japan.



Samurai (no AR quiz)

To the Samurai, death on the battlefield was considered an honour. Casting their fears aside, these warriors lived and died by the code of bushido. Learn the ins and outs of these brave fighters' lives, including the weapons they used, and how their legend lives on in Japan.



Japan (Level 6.5 / Quiz Number 222097)

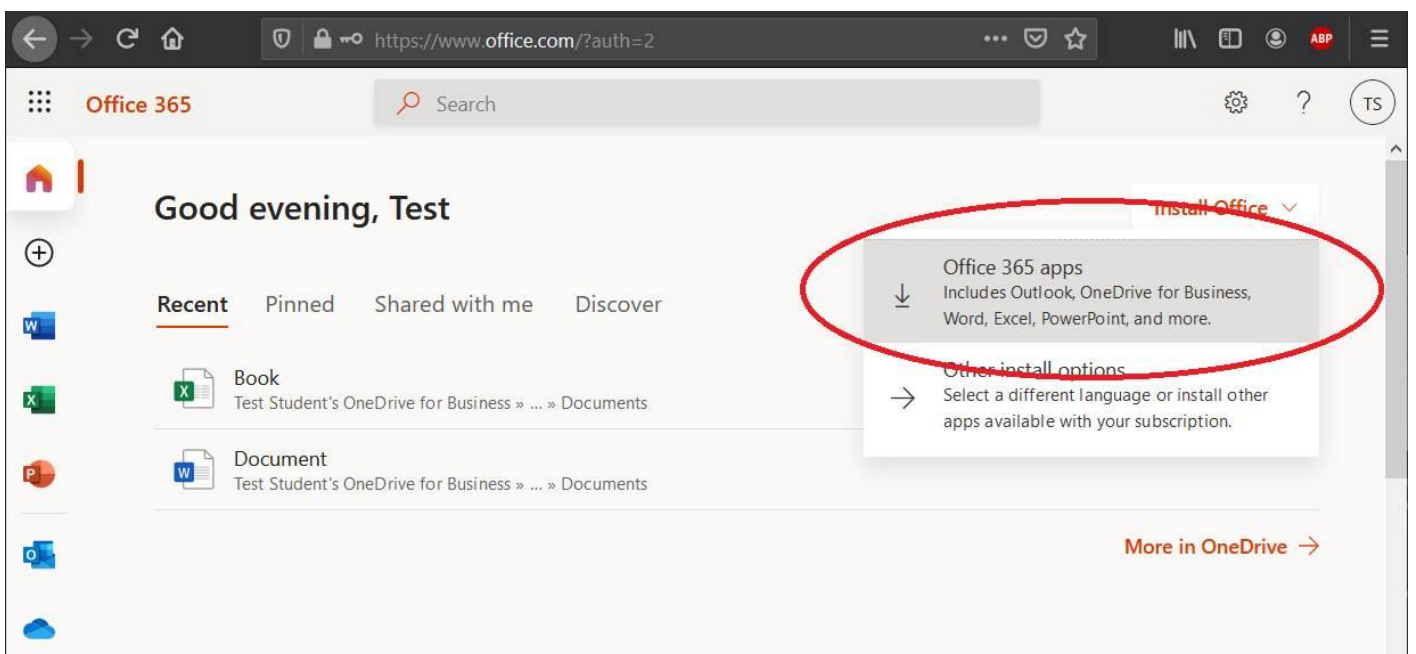
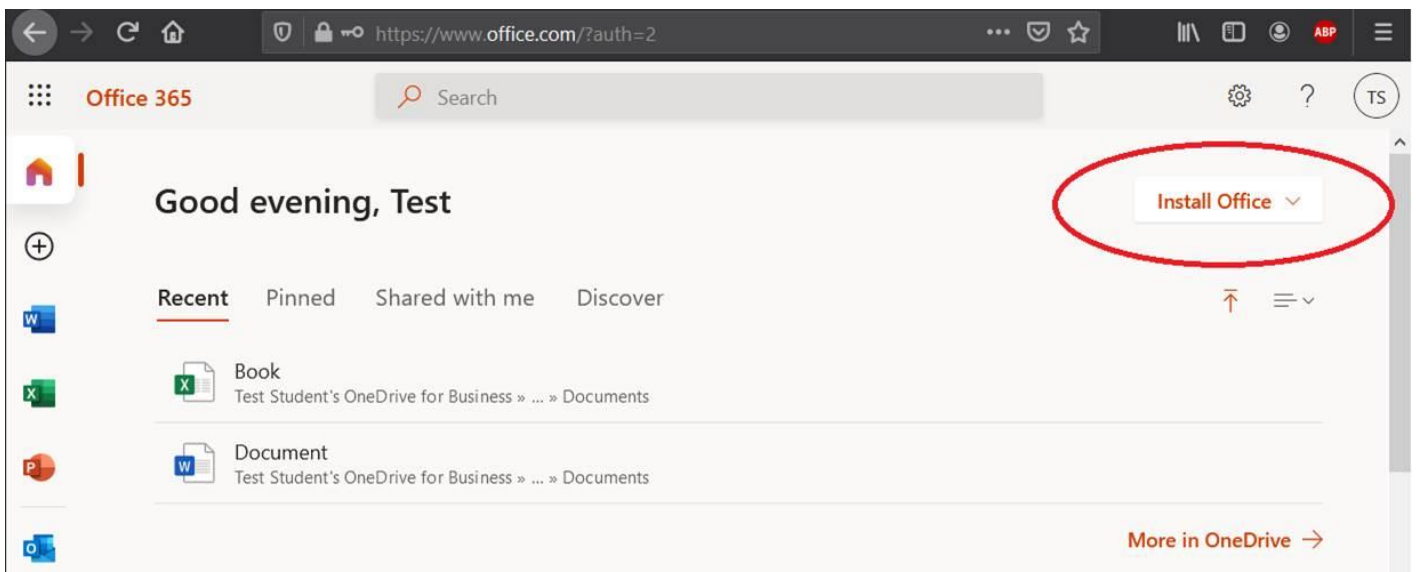
This book offers comprehensive information about Japan, with an emphasis on its geography, culture, history, economy and government.

A reminder...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'.

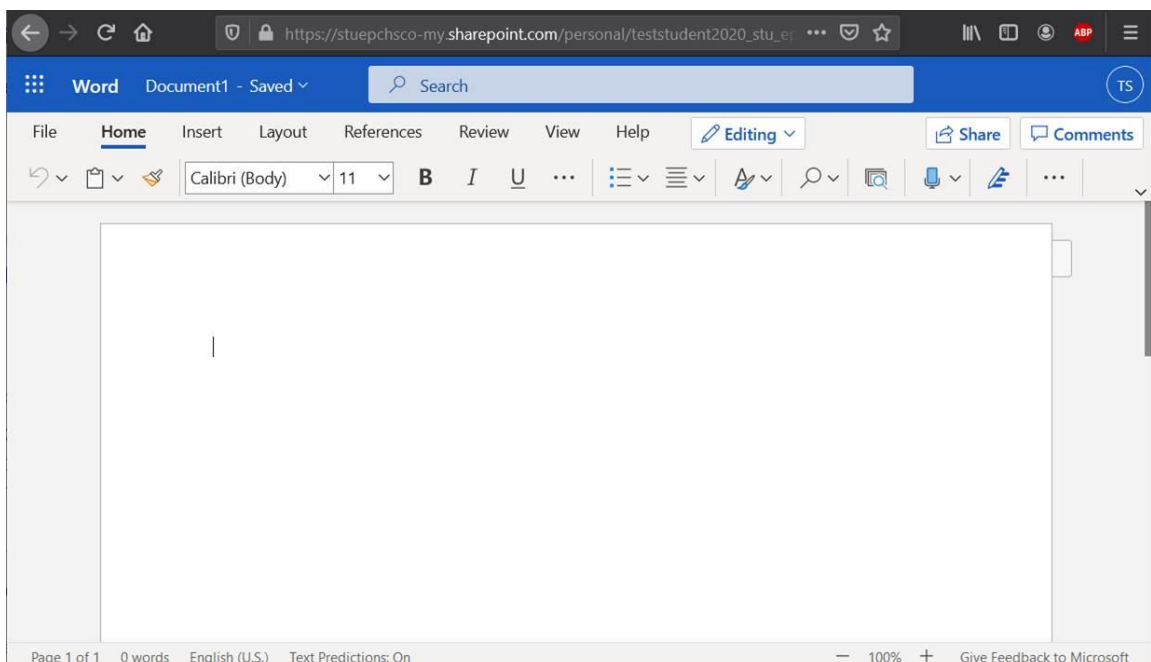
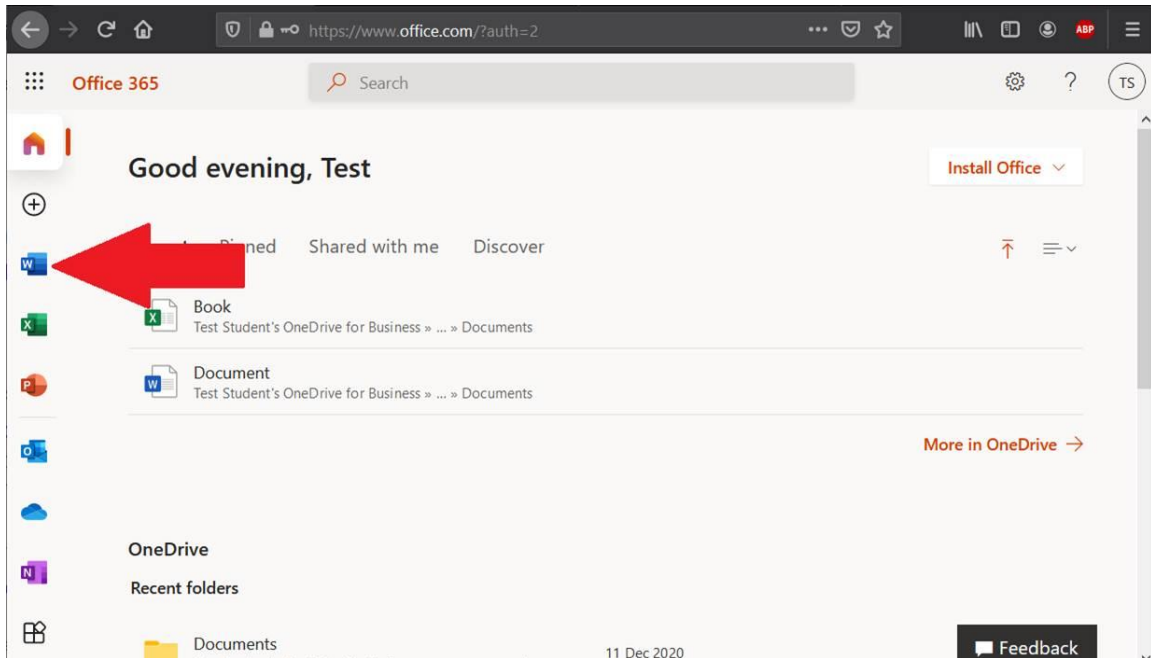


Phones & Tablets

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

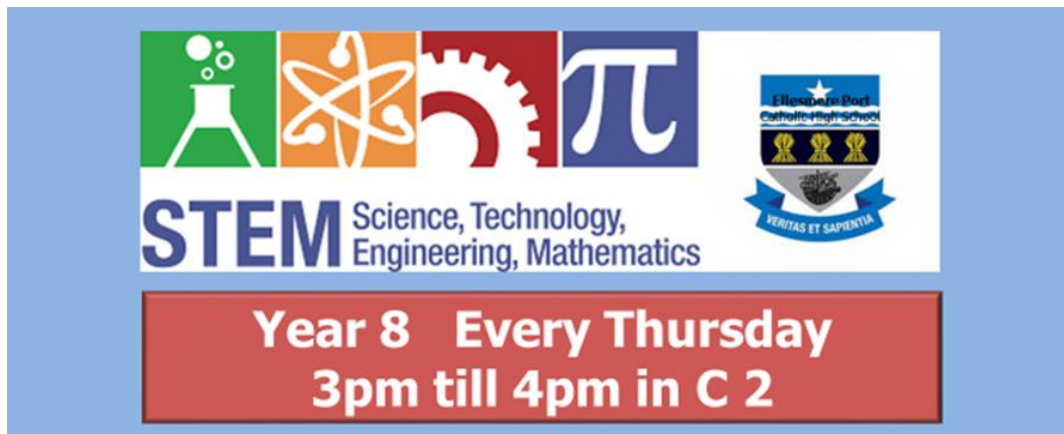
For students that are using Chromebooks or other devices not mentioned above, we recommend that you use the Office web apps which are slightly trimmed down versions of the desktop programs that run inside a web browser. These are also accessible from <https://office.com> as shown below. Just sign in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

Year 8 don't forget to check in to your STEM Team, Mr Hickman is still on-line and setting some interesting challenges over the coming weeks. Let him know you are still interested by sending him a big hello!



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...

Year 11 into the 6th Form information...



Due to Covid-19 our normal term of activities will unfortunately not be taking place. To support your next steps post 16, we will therefore be doing things a little differently, which are explained below:

- All subject areas have produced a PowerPoint/video in which they outline their courses. These will be available on the school website towards the end of this month and you will be informed when they are available.
- On January 25th, at 9am, the 6th Form team will be speaking to all of Year 11 students interested in coming back in their Personal Development lesson – covering everything about our successful 6th form followed by a Q&A session where you can ask any questions you want answering.
- In March an online application form for initial choices will be sent out and all students will then be added to a Future Year 12 Microsoft team. This will mean the 6th form team can communicate with them regularly and involve them in some of our extra-curricular activities.
- Mrs Henderson will be meeting with each student to discuss your choices etc.
- In the summer, when they have your final results, you will be given a final application form in case you have changed your minds about subject choices.

For further information or to ask any questions please contact Mrs Henderson on l.henderson@epchs.co.uk or message via Teams.

Information for 6th Form

Youth Fed have an exciting opportunity for all young people aged 17-19 in the Chester and Ellesmere Port area.

They are offering **FREE ACCESS** to their skills builders sessions during and after lockdown!

They run a variety of skills building, confidence boosting and CV enhancing workshops and sessions. These will enable students to develop vital life skills, boost your chances of gaining employment and provide you with that much needed confidence boost during this difficult time.

Sessions on offer are listed below:

1. Mental health awareness sessions (3x 90 min sessions)
2. Accredited emergency first aid at work (3 hour sessions or 2 x 90min sessions)
3. Tackling substance abuse (Evolve) (1 hour long)
4. Be Internet Citizens (Internet safety awareness) (flexible sessions)
5. Visualisation for your future! (how to reach your goals and realise your value) (1x 90 mins session)
6. Barriers to achievement and how we can overcome these. Confidence building and developing a positive mental attitude (PMA). (1x90 min session)
7. Understanding your skills and a CV (1x 90 mins session)

All sessions are delivered virtually

There are spaces for these sessions over the lockdown period, however, spaces are LIMITED.

To book onto a FREE slot please let Mrs Boothroyd know as soon as possible and which ones, so we can arrange with Youth Fed. Thanks.

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



Your wellbeing matters...

Wellbeing has never been more important. Each Wednesday we are encouraging you to focus on your own wellbeing with the theme of "Wellbeing Wednesdays". Each week there will be a new focus for you to improve their wellbeing and mental health.

The first week is connections. It is important we stay connected as best we can.

Being in lockdown means we are not able to see all our friends and family as we normally would, this could leave people feeling isolated, alone or cut off. This can take a real toll on our mental health, it is therefore important we stay connected via other means during this difficult time. This could be done through social media, face time, zoom, and interactive quizzes. The aim is for you to connect to someone new every day this week.

A useful website for more tips and advice is young minds...

<https://youngminds.org.uk/blog/how-to-stay-connected-during-lockdown/>

YOUNG MINDS

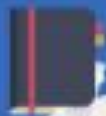
If you are struggling and need to reach out to someone. You can speak to anyone in school, your Head of Year, form tutor, the learning mentors, Mrs Marsland (SENDCO), Mrs Jones (Safeguarding lead), Mr Hughes (AHT Personal Development) as well as Mr Lewis and Mr Phelan (Wellbeing lead).

THE EFFECT OF EXERCISE ON PSYCHOLOGICAL WELLBEING



**WALK
RUN
CYCLE**

HOW TO MANAGE YOUR WORRIES



Write down your worries in a worry diary



Challenge unhelpful thoughts

Keep things in perspective



Breathe slowly to help you feel in control



Try some progressive muscle relaxation



Problem solve with a friend to manage your worries



Talk to someone about your worries



Identify your thinking errors

Take care of your physical health (Sleep, diet)



Ask yourself: Is this a practical or hypothetical worry?



Set aside a time to focus on your worries



Try and focus on the present moment

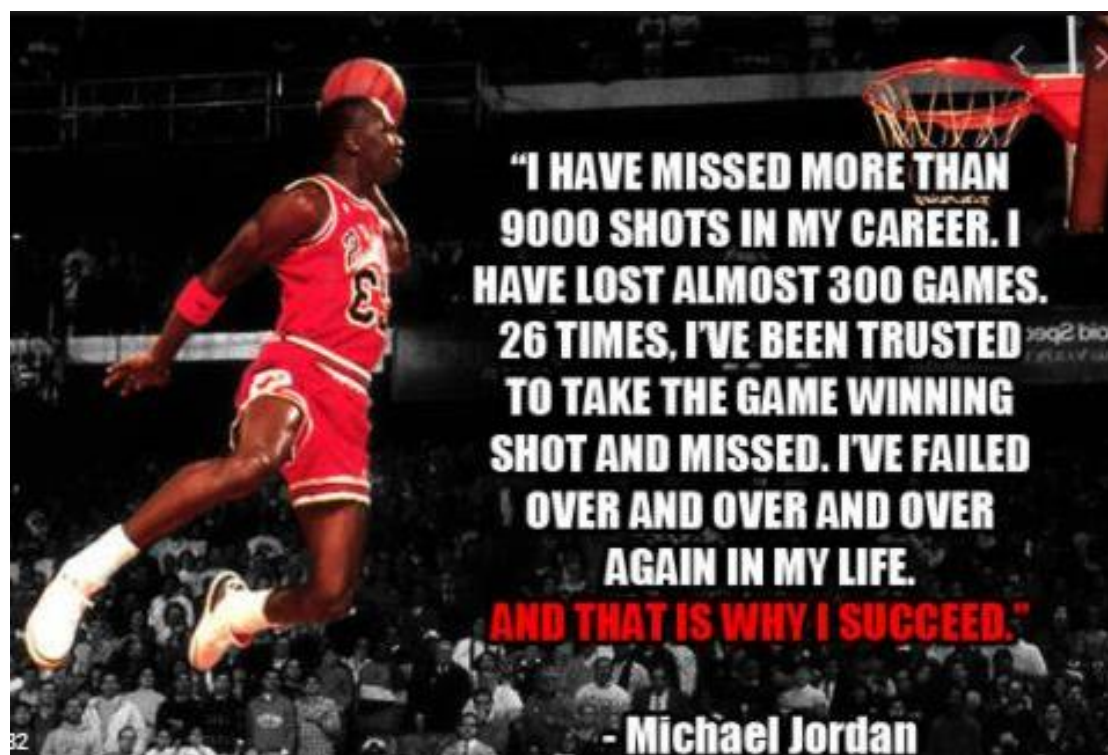
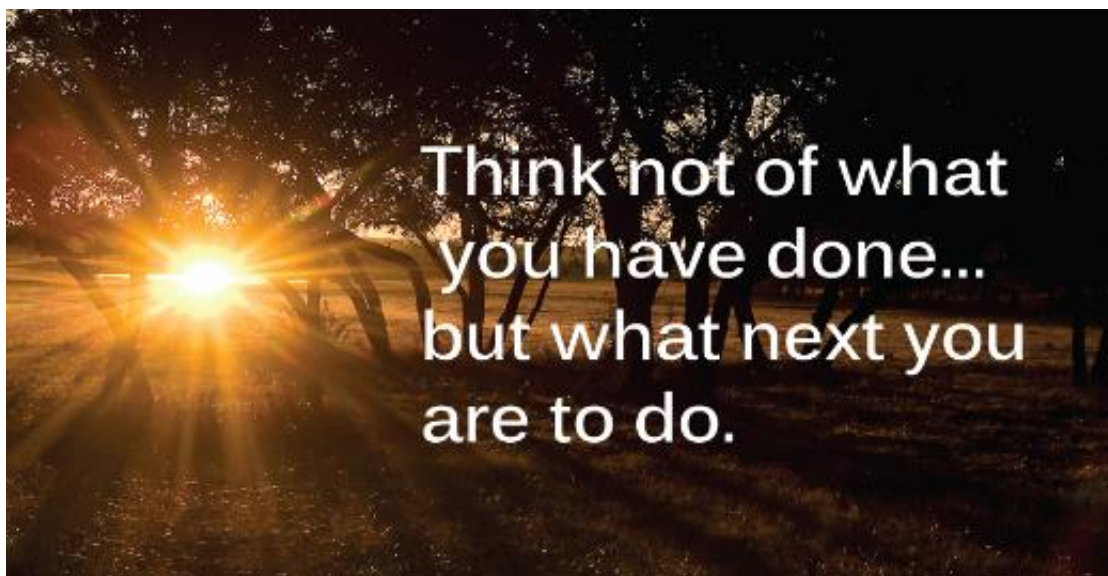


Take your attention away from the worry. Go for a walk



@BELIEVEPHQ

Thought for the week...



#TheEPCHSWay
#MakeitCount