



EPCHS Student 'PD' Bulletin #19

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

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, 'Who am I to be brilliant, gorgeous, talented, fabulous?' Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others."

Marianne Williamson

Let us pray...

Dear Lord,

At this time of pandemic,

Let us foster respect and solidarity with others, especially those who are weak or poor.

Let us remain calm and ignore unsubstantiated rumours.

Let us take advantage of living together as a family.

Let us attend to moments of prayer.

Let us cultivate responsibility, patience and hope.

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



For Year 11 students...

At this time of year, as part of our comprehensive Careers, Advice and Guidance Programme, we usually host a post 16 Information Evening where parents/guardians and students are given the opportunity to find out more about our very successful Sixth Form provision. However, due to COVID19 restrictions this evening will need to take a different form this year.

As a result, I will be posting a presentation on our website that will contain all the relevant information about the courses and the Information, Advice and Guidance we offer as well as the pastoral support we provide, alongside a video produced by current 6th Form students, so that you will still be able to get a feel for the successful atmosphere and highly supportive environment that exists within our Sixth Form that ultimately enables our students to have aspirational next steps post 18.



These presentations will be available to view from Thursday onwards. Staff have also been asked to speak to all Year 11 students about the subjects they offer at Key Stage 5 and the career pathways that they link to.

If any year 11 student would like to ask me any questions about our 6th Form please do not hesitate to come and see me in school or contact me at L.Henderson@epchs.co.uk



Citizenship

Let's get thinking about how we can make a change!



“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.”

Margaret Mead

Do you what the difference is between being a **'citizen'** and an **'active citizen'**? The two terms are very different in their definition!

- **Citizen:** Someone who has membership (citizenship) of a community. Citizenship brings rights and duties, though people differ in the extent to which they feel responsibility for what happens in the community.
- **Active citizen:** Someone who takes public action in response to a social or community problem. Active citizenship involves people acting together or individually to achieve a change or benefit in society or to resist an unwanted change.

Every single one of us has the ability to be an active citizen and make positive changes in the communities we are part of, whether that be our local community, school community, dance community, the list goes on ...

What could you do to be a more active citizen in the local or school community?

No matter how small, every positive contribution makes a difference.

Imagine the difference that could be made if every single person made just one small positive contribution? If you take a minute to think about one community you are part of, you will be able to recognise people who are active citizens within and the contributions they make. *Could you be part of the active citizenship happening in your community to achieve a positive change?*

Positive contributions may include:

- Picking up litter
- Writing letters to a local nursing home
- Volunteering at local charities
- Using small local businesses and giving positive reviews

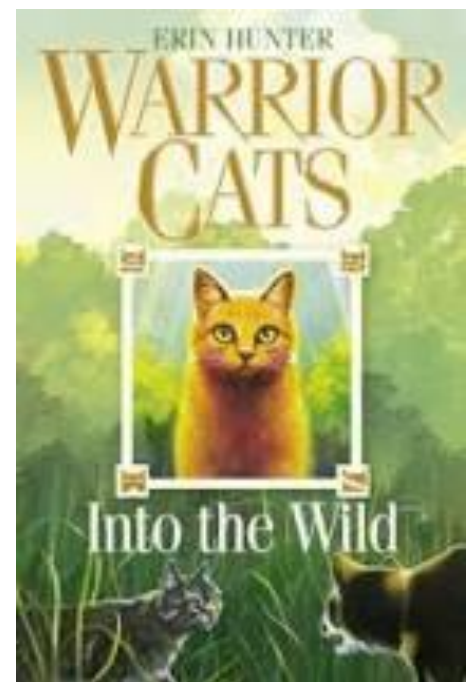
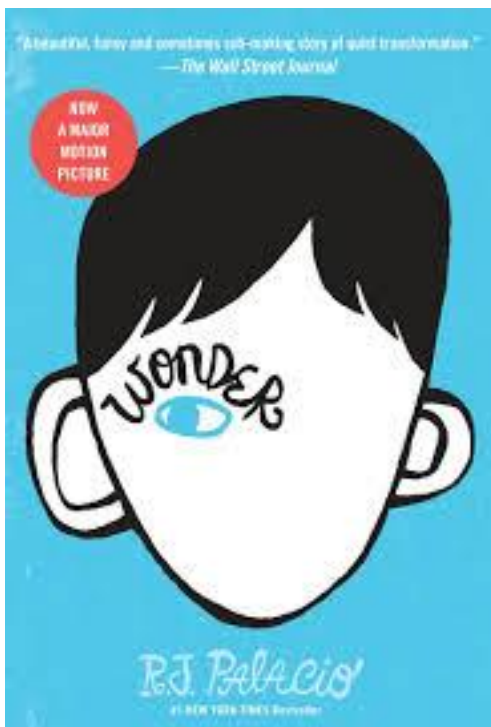
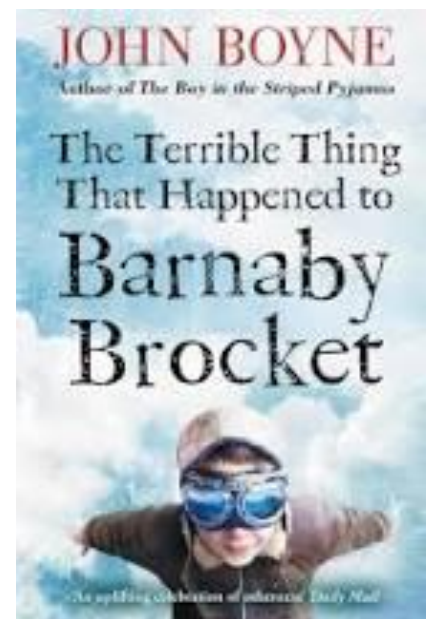
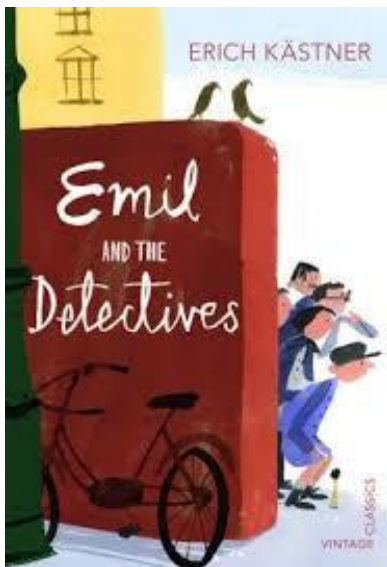
Make October the month you make a small positive change in your community

What others can you think of?

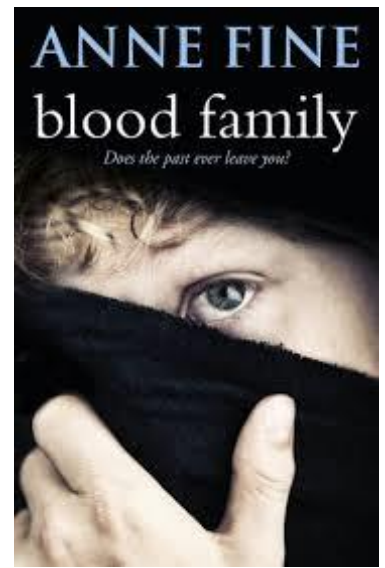
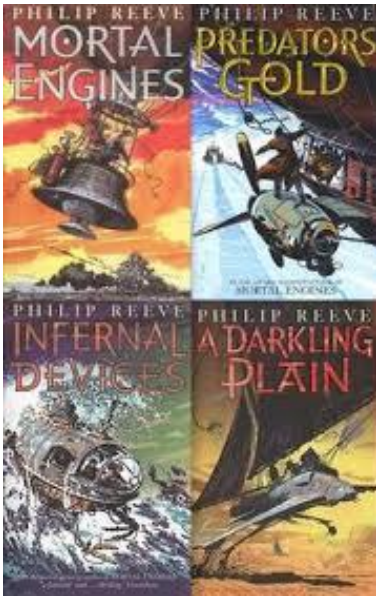
Mrs McHugh's Library News

The titles shown below are now available to loan from the school library. Why not visit the library to discover the wide range of fantastic books just waiting to be read! Reading is such a wonderful way to escape into another world, expand your knowledge and improve your analytical skills. If the library does not have the book you are looking for, please speak to Mrs McHugh who will be happy to order your book choice for you.

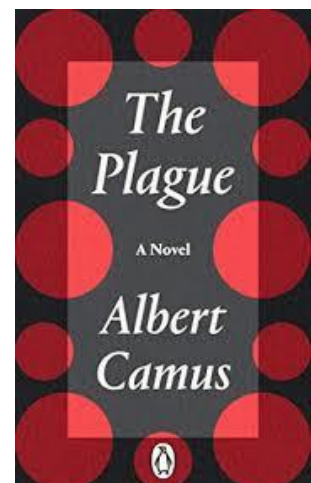
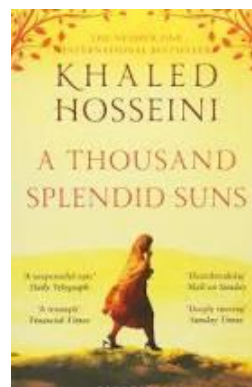
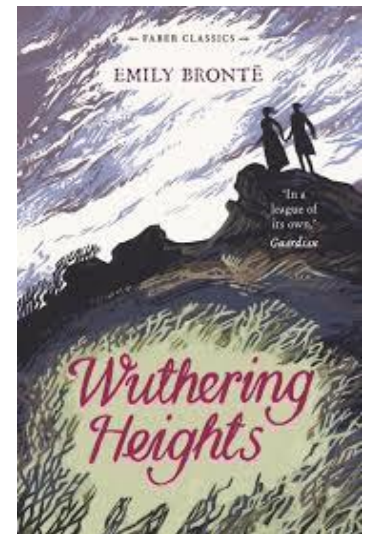
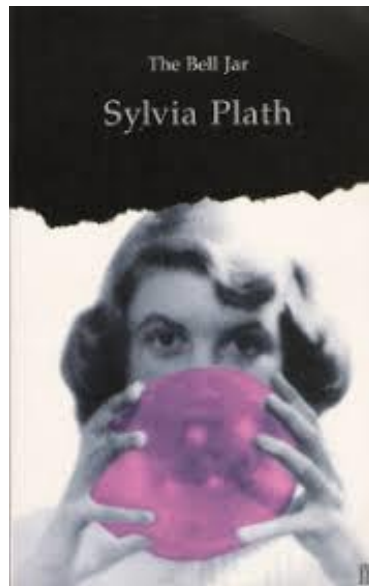
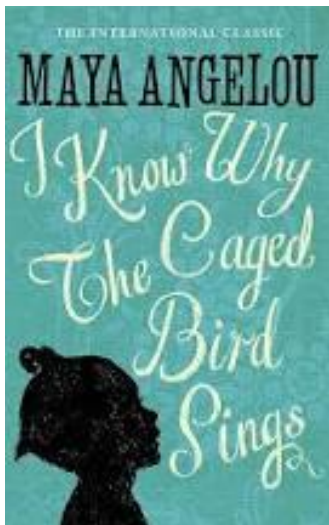
Year 8 reading suggestions



Year 9 reading suggestions



Sixth Form reading suggestions



Library Bubble Days...

If you would like to come to the library to read, borrow a book or study you are welcome to do so at break or lunch. "Bubble" days are as follows - Monday Year 7, Tuesday Year 8, Wednesday Year 9, Thursday Year 10, Friday Year 11. Year 12 are welcome to use the library for silent study Monday to Friday provided a class is not already booked in to use it.

myON Reading Portal

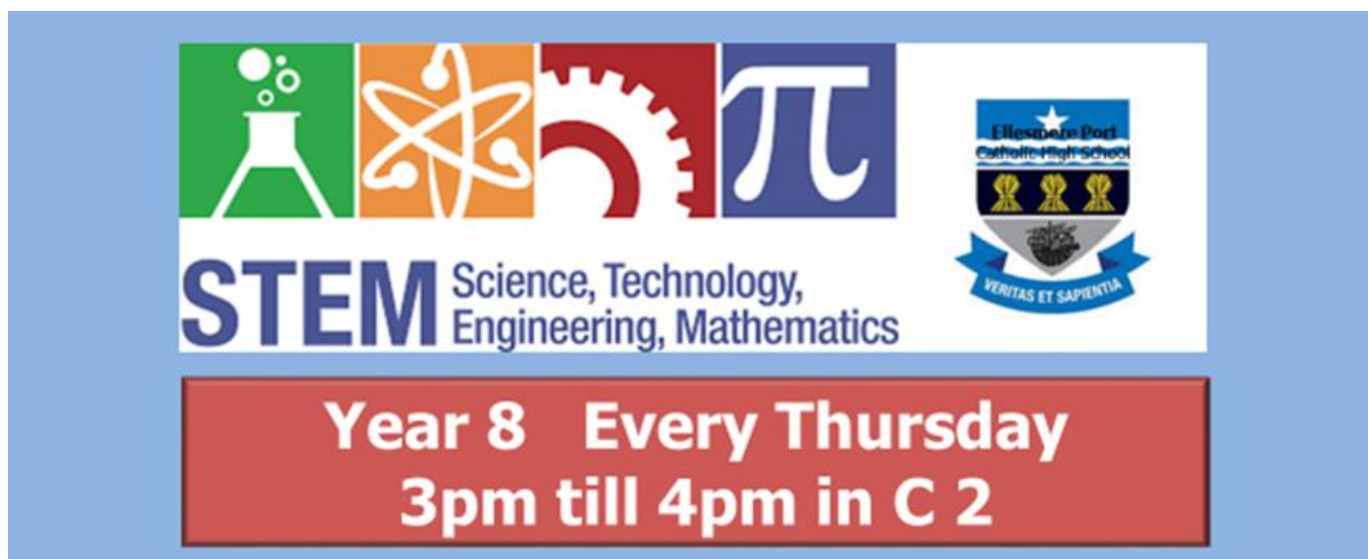
The reading portal, is now available to students in years 7 to 11. myON recommends books according to reading preferences. Fiction and non-fiction titles are available. myON is a great way to read around the curriculum to help support you with study and homework.

Please speak to Mrs McHugh in the library for reading suggestions on myON. Why not start by reading "Jars of Hope" by Jennifer Roy - it is a short read and beautifully illustrated. It tells the true story of Irene Sendler who risked her own life to save the life of 2,500 children during the Holocaust. She was a truly inspirational character!

What fictional or non fictional characters have inspired you? Mrs McHugh is really looking forward to seeing you in the library. Happy reading!

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

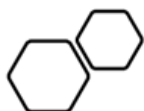
Thursday's STEM club continues after school in C2 with Mr Hickman. Last week's session looked at parachutes and their use. There is even chance to take part in a few experiments!



The banner features a blue background. At the top, there are four icons: a green flask with bubbles, an orange atom, a red gear, and a blue pi symbol. To the right is the school crest for E. Heslop's Post Catholic High School, which includes three gold figures and the motto 'VERITAS ET SAPIENTIA'. Below the icons, the text 'STEM Science, Technology, Engineering, Mathematics' is displayed in blue. At the bottom, a red box contains the text 'Year 8 Every Thursday 3pm till 4pm in C 2' in white.

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

Mental Health Matters

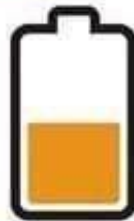
YOUR SELF-CARE BATTERY

Reading
Time alone
Meditation

8 hrs sleep
Music
Tea

Hot bath
Cuddles
Best friends:

Recharging



Depleting

Social events
Work/School
Finances

Obligations
Responsibilities
Chores

No sleep
Family
Health

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

10 POSITIVE MENTAL HEALTH HABITS THAT WILL HELP YOU DEAL WITH CHALLENGING EVENTS



TALKING

By talking about your thoughts and feelings, people will be able to help you problem solve and get the best support



CONNECTING

Connecting with friends and family on a regular basis can help boost mood and reduce stress



VALUES

Staying connected to your values and things that are important to you will help provide you with a sense of meaning



THINKING ERRORS

Writing down your thoughts on a piece of paper and identifying thinking errors will help you spot any unhelpful thinking styles



RELAXATION

Scheduling in time for yourself where you can relax is important for your overall wellbeing



EXERCISE

Engaging in regular exercise can support you to feel better and less stressed



MINDFULNESS

Engaging in mindfulness activities can calm both your mind and body and help you stay focused on the present moment



STRENGTHS

Identifying and working towards your strengths daily will provide you with an extra sense of confidence



PROBLEM SOLVE

Problem solving can help reduce worry and provide you with a practical solution to any problems you are facing

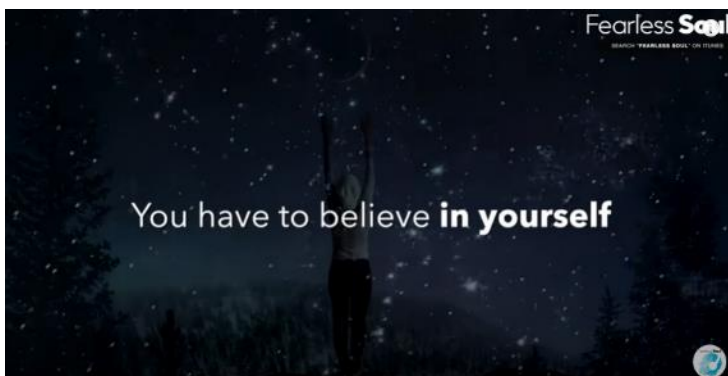


CHALLENGING THOUGHTS

Challenging unhelpful thoughts can be a useful technique for helping to provide you with accurate, realistic and more helpful thoughts



@BELIEVEPHQ



Believe by Fearless Soul

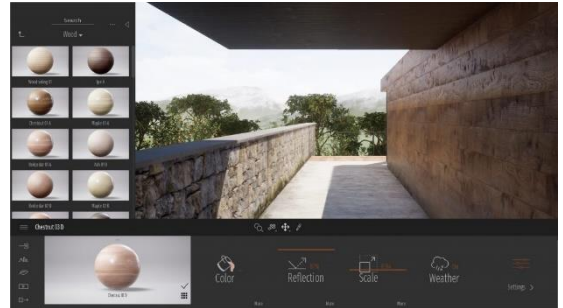
<https://youtu.be/5OsYCUSIDEE>

Take a listen and let us know what you think?

Gaming to Development – G2D

After half term a small group of Year 10 student will begin working with the charity 4WardFutures on an exciting project. Taking part in this research project with Cambridge University, they will be creating a 3D virtual Martian world.

With access to a super-computer the students will be developing a range of skills using the latest software available. We wish them a great program!



Thought for the week...



#MakeitCount