



EPCHS Student 'PD' Bulletin #22

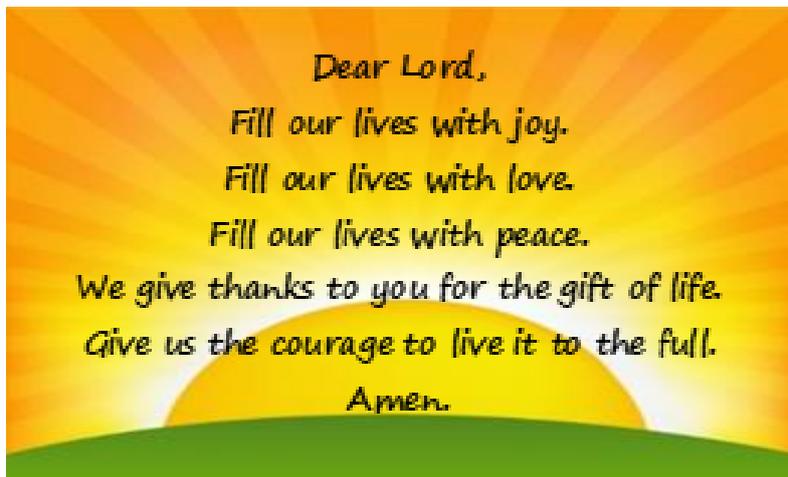
"I Have Come So That They May Have Life And Have It To The Full" John 10:10

<https://epchs.co.uk/epchs-celebration-presentation-2019-20/>



EPCHS 2019-2020
Celebration Presentation
In an unprecedented year - we want to focus on the **BEST!**
you have been Amazing!

Let us pray...



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

Careers Opportunity with AIRBUS – CLOSING DATE TOMORROW!!!

Aerospace Virtual Work Experience

December 2020

Airbus

APPLY NOW



A great opportunity for any of our students interested in learning more about Airbus...

Year 10 - Year 13 Aerospace Virtual Work Experience

At the forefront of innovation, Airbus is an international pioneer in sustainable aerospace for a safe and united world. They design, manufacture and deliver industry-leading commercial aircraft, helicopters, military transports, satellites and launch vehicles, as well as providing data services, navigation, secure communications, urban mobility and other solutions for customers on a global scale.

During this free two week virtual work experience programme you'll meet (virtually) representatives from some of the key teams within their business from space to civil aviation. You'll learn about fundamental elements of Airbus's business including sustainability and manufacturing. Finally you'll complete work and assignments to get an understanding of what life at Airbus is like.

The programme involves around 10 hours of activity. You can complete the work over 2 weeks meaning you can fit it around your normal school schedule. There are live workshops but if you're unable to attend these a recording will be added.

The programme will take place between 30/11/2020 and 13/12/2020. You do not need to be available full time during those dates but you do need to be able to complete 10 hours worth of activity over the two weeks.

For further information and to register your interest follow the link below and complete the documentation by November 23rd. Successful applicants will be notified by November 25th.

#MakeitCount #NextSteps

<https://www.springpod.co.uk/airbus-aerospace-work-experience/>

Benefits



This programme is free for students



Add the experience to your CV and Personal Statement



You'll get practical skills and knowledge



You'll earn a certificate if you complete the programme

Apprenticeships...

THE PLEDGE
CHESHIRE AND WARRINGTON

WHAT NEXT?

VIRTUAL EVENTS

Find out what options are available after you finish high school or college

HIGHER EDUCATION ← → **VOLUNTEERING** ← → **APPRENTICESHIPS**

11th November **18th November** **2nd December**
6-8pm **6-8pm** **6-8pm**

European Union
European
Social Fund

CHESHIRE AND WARRINGTON
GROWTH
HUB
PART OF CHESHIRE AND WARRINGTON LEP

Register now - candwgrowthhub.co.uk/whatnext

Cheshire and Warrington Pledge Apprenticeship Fair - Wednesday 2nd December.

On Wednesday 2nd December, The Pledge are hosting an Apprenticeship Fair which would be perfect for Year 9 to 13 students and/ or parents and carers.

This is a free event which will feature apprenticeship providers from the Cheshire and Warrington areas.

This will enable students to:

- learn how and where to apply for an apprenticeship
- learn about the common mistakes when applying for an apprenticeship
- learn how to stand out and gain an apprenticeship

The event will allow you to speak directly with a range of organisations who offer apprenticeships. You will also hear from apprentices who will explain how they gained successful places.

Click on <https://candwgrowthhub.co.uk/whatnext/> to book on.

Budding Writers...

23 students have had their writing published in a book alongside other schools across the country. The competition was run by Young Writers to write a mini saga in 100 words with the theme of 'Missing'.

Congratulations to all of the students who have had their work published!

Look out for the next competition being run shortly by Young Writers which is a poetry competition with the theme 'Imagine'. www.youngwriters.co.uk

For further information please speak to Mrs Southern
Morning Wellbeing Steps...



THE 5 STEPS



EVERYDAY

ONE

GET UP & MAKE THE BED



TWO

GET IN THE SHOWER



THREE

GET DRESSED



FOUR

GET SOME BREAKFAST



FIVE

GET SOME EXERCISE



The dark mornings get tricky this time of year... Follow these 5 steps every day to keep a routine and set yourself up for every day! These are useful for school days, weekend days and isolating days!

**Start your day correctly...be inspired by the great advice from
US Navy Admiral William H. McRaven**

<https://www.youtube.com/watch?v=TBuIGBCF9jc>



Mrs McHugh's Library News

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.

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, and 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 myON, 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 or ask your subject teacher for something to support your learning in class.

Year 8 STEM Club is on every Thursday

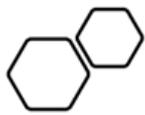


STEM Science, Technology, Engineering, Mathematics

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](#)

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

WE NEED YOUR HELP – EPCHS Food Drive

Ellesmere Port Catholic High School Food Drive

- Starting from Monday 30th November and running till Friday 11th December. We will be collecting food, from students and staff.
- Bring any spare food YOU can and deposit the food where you enter the school.
- All of the food WE collect as a school will be given to local food banks to help people from the town we are from.
- 14% of Families with Children from Ellesmere Port have suffered food insecurity over the last 6 months.
- Food isn't a privilege, it isn't something that somebody should struggle to get, it's a right, something you need.



Ellesmere Port Catholic High School Food Drive

- Any donation counts. No matter how small or how often.
- The local food bank has plenty of beans and pasta, so try and bring something else! However any donation helps!
- Most needed items include, TINNED MEAT, BAGS OF SWEETS/BARS OF CHOCOLATE, LONG LIFE JUICE/SMALL BOTTLES OF CORDIAL, TINNED POTATOES, INSTANT CUSTARD, INSTANT MASH, TINNED PUDDINGS/TINNED FRUIT, TINNED VEGETABLES, TINNED TOMATOES, CUPPA SOUPS, POT NOODLES, INSTANT PASTA, PASTA SAUCE, INSTANT MASHED POTATO, BISCUITS, UHT MILK, INSTANT COFFEE



Use your planner and note down what you think would be good to bring in! If anybody wants to help out more or for any questions come and see Mr Phelan in B15 or email jph@email.epchs.co.uk. Thank you so much!

For further information please see Mr Phelan in B15

Unifrog Subject Discoveries...



Unifrog are running a series of FREE 'Subject Discovery' webinars, starting on Monday 23rd November. These will be useful for students as they start to think about what subjects to apply for at University. Year 12 and Year 13 students can sign up to the webinars via the 'Webinars Tool' which is on their Unifrog 'Student Home Page'.

The webinar schedule is as follows:

Liberal Arts & Sciences	Monday 23 November 4-5pm	Law	Tuesday 24 November 4-5pm	Business & Management	Wednesday 25 November 4-5pm
Creative Arts & Design	Thursday 26 November 4-5pm	Hospitality	Friday 27 November 4-5pm	Computer Science	Monday 30 November 4-5pm
Engineering	Tuesday 1 December 4-5pm	Medicine	Wednesday 2 December 4-5pm	Psychology	Thursday 3 December 4-5pm

Apprenticeships and careers webinar with the Armed Forces...

Amazing Apprenticeships will be hosting an exclusive webinar with the Armed Forces to explore the apprenticeship opportunities available within the British Army, Royal Navy and Royal Air Force.

This is suitable for Students, Parents and Carers.

It is taking place on 25th November at 3:30pm.

To book, please click on the link below.

Mental Health Matters

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



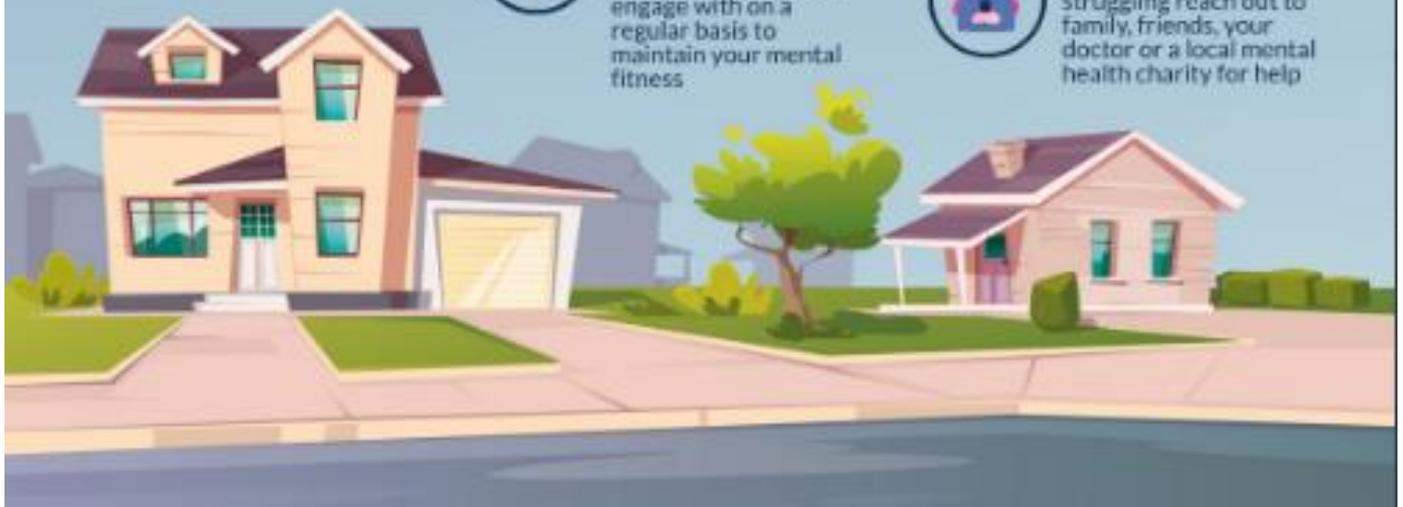
STAY ACTIVE

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



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



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

Cheshire and Wirral Partnership NHS Foundation Trust

@cwphs

www.cwphs.nhs.uk

Thought for the week...

**GOOD MANNERS OPEN THE
CLOSED DOORS; BAD
MANNERS CLOSE THE
OPEN DOORS!**



#TheEPCHSWay
#MakeitCount