



EPCHS Student 'PD' Bulletin #29

"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...

Lord, I pray and ask that You give me the wisdom to deal with my circumstances. Light my way through the dark tunnel. Grant me restful sleep tonight.

SYMT

....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**



TECH Support...

If you experience any technical difficulties, 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 on-line and setting some interesting challenges over the coming weeks. Let him know you are still interested by sending him a big hello!

STEM Science, Technology, Engineering, Mathematics

Year 8 Every Thursday
3pm till 4pm in C 2

VERITAS ET SAPIENTIA

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

HANDS **FACE** **SPACE**



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

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



Be the change you want to see in the World...

Year 11 into the 6th Form information...

EPCHS6th

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.
- Today, January 25th, 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.

**HOW
WILL YOU
#MAKEITCOUNT**

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.

CAREERS ADVICE AND GUIDANCE...



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>

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...

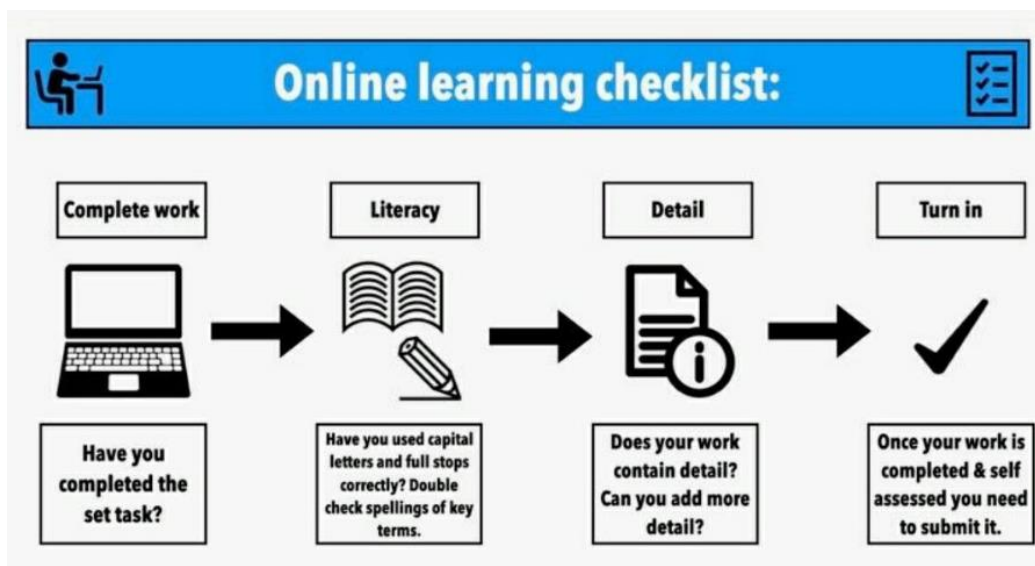
We had over 6,000 students attend our recent Subject discovery webinar series and 96% of them said they would attend another Unifrog student webinar!

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.



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



Advice from young people, for young people...

- **Ask for support don't suffer alone**

Make sure you are talking about how you are feeling and any worries that you have, think about all the people in your life that you can speak to about this; it could be parents and carers, other family members, teachers or friends.
- **Navigate the news focus on the facts**

Try not to get fixated on reading negative posts on social media, look at trusted sites and limit your time scrolling, looking at unhelpful comments will not make you feel better.
- **Create a positive environment**

Make sure you have things to support you at home, write some positive affirmations, create a self soothe box with all your favourite items in to use when you are struggling, practise mindfulness and learn some relaxation techniques to help you keep calm.
- **Open your mind to the different support available**

Keep a list of helpful support/advice line numbers, websites to look at and apps that are useful, consider writing a keeping safe plan to help when you are struggling, so you can refer to it if things get overwhelming
- **Remember to keep to your regular routine**

Make sure you are getting yourself up and washed and dressed even if you are self-isolating. Choosing healthy food and snacks and keeping hydrated, set yourself goals for the day no matter how small and plan your day, consider making a sleep hygiene plan that works for you to help you get a good night's sleep.
- **And don't forget to wash your hands**

The most important thing you can do is to hand wash for 20 seconds at a time but if this is becoming difficult, please refer back to the top of the list.

16 TIME MANAGEMENT TIPS FOR STUDENTS



Create a schedule



Make time for yourself



Get yourself in a routine



Write down goals



Have scheduled breaks



Avoid procrastination



Stick to your plan



Allow time for fun activities



Make a to do list



Study in a regular pattern



Work when you are at your best



Exercise to relieve stress



Reward yourself when you complete something



Keep stress to a minimum



Work a set number of hours a day



Don't panic if you fall behind

Thought for the week...

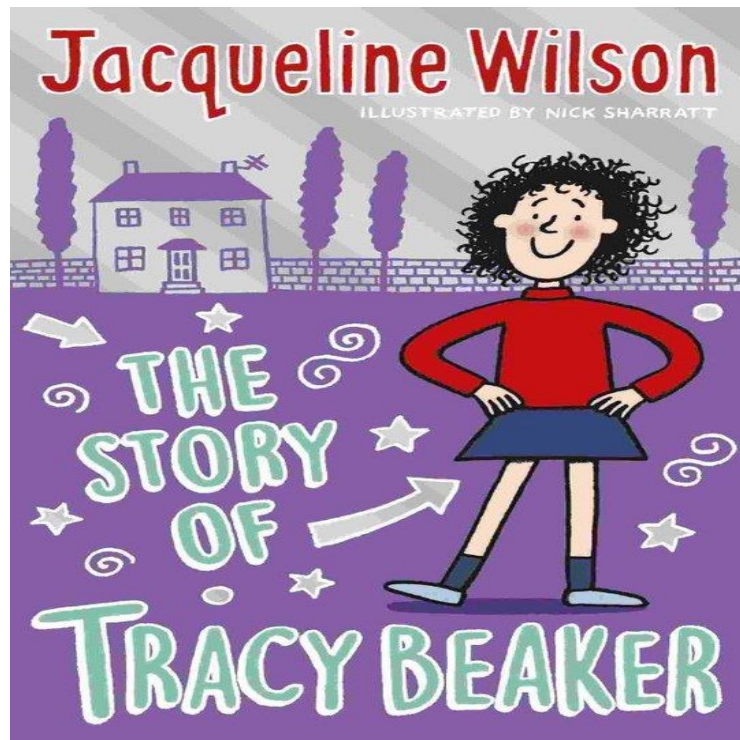


#TheEPCHSWay
#MakeitCount

Mrs McHugh's Library News...

Students can read Jacqueline Wilson's Tracy Beaker for FREE online this week.
A different author of the week will be announced next week!

Here's the link: <https://library.thenational.academy/spend-time-with-tracy-beaker-and-jacqueline-wilson/>



Reading with myON

"Reading is the intelligent man's exercise. It makes him able to hold more facts."

A quote by Edgar Allan Poe, from *The Murders in the Rue Morgue*.

(Available to read with myON in graphic novel form).

A screenshot of a TED-Ed video player. The video title is "Why should you read Edgar Allan Poe? - Scott Peeples". It has 1M views and was posted 2 years ago. The video is by TED-Ed. The thumbnail shows a stylized illustration of Edgar Allan Poe with a magnifying glass over his face. The text "WHY SHOULD YOU READ EDGAR ALLAN POE?" is written in large, bold, black letters on a grey background. The TED-Ed logo is in the top right corner. The video duration is 4:56. Below the video information, there is a link to their Patreon page: "Check out our Patreon page: https://www.patreon.com/teded View full lesson: ...". There is also a Creative Commons license icon (CC).

There are five Edgar Allan Poe graphic novels available to read on myON. Edgar Allan Poe was a fascinating man and he changed the face of horror and mystery stories forever. For more information about his life and work, why not watch this TedEd video on YouTube?

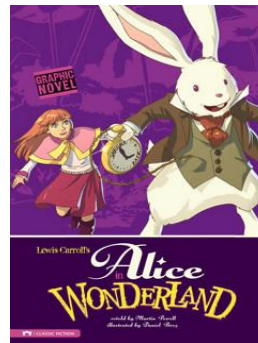
Title: **Why Should You Read Edgar Allan Poe?**

<https://www.youtube.com/watch?v=8lgg-pVjOok>

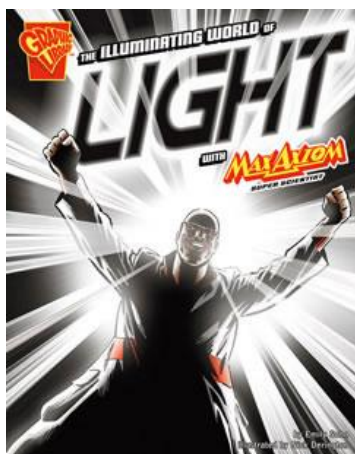
Reading for both pleasure and personal development is more important than ever during lockdown. All students have access to read widely with myOn. MyOn caters for all reading abilities. You may choose to read a classic unabridged book such as Alice in Wonderland or read it in graphic novel form.

Alice's Adventures in Wonderland

Lewis Carroll



You may decide to choose to expand your knowledge of Science. Why not take a look at a Max Axiom book? On a gloomy January day we all need light to help us get by. When during a pandemic we all need to see the light at the end of the tunnel, so why not read The Illuminating World of Light? If you study Spanish, you could even have a go at reading it in Spanish to test your understanding, vocabulary acquisition and grammar!



Congratulations to our STAR myON readers...

Well done Year 8:

Imogen, Tamara, Lauren, Fred, Olivia, Christian, Beth, Francesca, Darcey, Alfie, Toby

Exceptional reading by the following Year 7 students:

Maisie, Holly, Charlie, Nathaniel, Sienna and O'Shae

MyON is available to all year groups at EPCHS. Why not log in and have a read?

Kidnapped
Robert Louis Stevenson



Pride and Prejudice
Jane Austen



Peter Pan
J. M. Barrie



The Awakening and Selected Short Stories
Kate Chopin



Daily Wellbeing Challenges...

This week see's the start of the EPCHS Daily Wellbeing Challenges...and we can't wait to see how you get on...

Monday – Coin toss

Tuesday – Tower Build

Wednesday – Literacy Quiz

Thursday – Cooking Challenge

Friday – Shapes in Nature



Mr Phelan and Mr Lewis will be sharing the challenges daily on your Year and Whole School Team's. A PowerPoint with instructions and short video, will see members of staff attempting the challenges.

Share your efforts on Teams and let's see who can **beat the teacher!**

Educate Awards...

We would like you to join us in wishing the Personal Development Team good luck for this Friday.

In December the Team found out they had been short listed for two national, Educate Awards.

Last summer, we were the first school in the UK to run a fully live, virtual work experience, which saw our current Year 11 students engage with 6 local employers and gain high praise. For this, we have been shortlisted for the Careers and Enterprise Award.

The second award is extremely special, it is the WOW Award. Last summer our Year 7 and Year 8 students engaged in the Life on Mars project with 4WardFutures. Live webinars with NASA funded scientists, famous artists and Mars orbital satellite pilots led our students produce pieces of epic art work, stop frame animation and extraordinary writing.

We have our fingers crossed and wish them all the good luck possible!

