



EPCHS Student 'PD' Bulletin #24

"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/>



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

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

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.

Search for Books

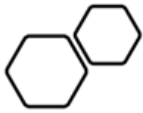
A screenshot of the myON search interface. At the top, there are icons for a home page, a book, and a play button. A search bar contains the word "Geography" and a magnifying glass icon. To the right of the search bar, it says "145 books". Below the search bar, there are six book covers displayed in a row. Each cover has a title and a subtitle. The titles are: "Geography Matters in Ancient Egypt", "Geography Matters in Ancient Greece", "Geography Matters in Ancient Rome", "Geography Matters in the Inca Empire", "Totally Amazing Facts About Geography", and "The World's Smallest Country and Other Geography Records".

Year 8 STEM Club is on every Thursday

A banner for the Year 8 STEM Club. The banner has a blue background. At the top, there are four icons: a green flask with bubbles, an orange atom symbol, a red gear, and a blue pi symbol. To the right of these icons is the logo for Ellesmere Dock Catholic High School, which features a shield with three gold figures and the motto "VERITAS ET SAPIENTIA". Below the icons and logo, the text "STEM Science, Technology, Engineering, Mathematics" is written in white. At the bottom of the banner, 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

**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



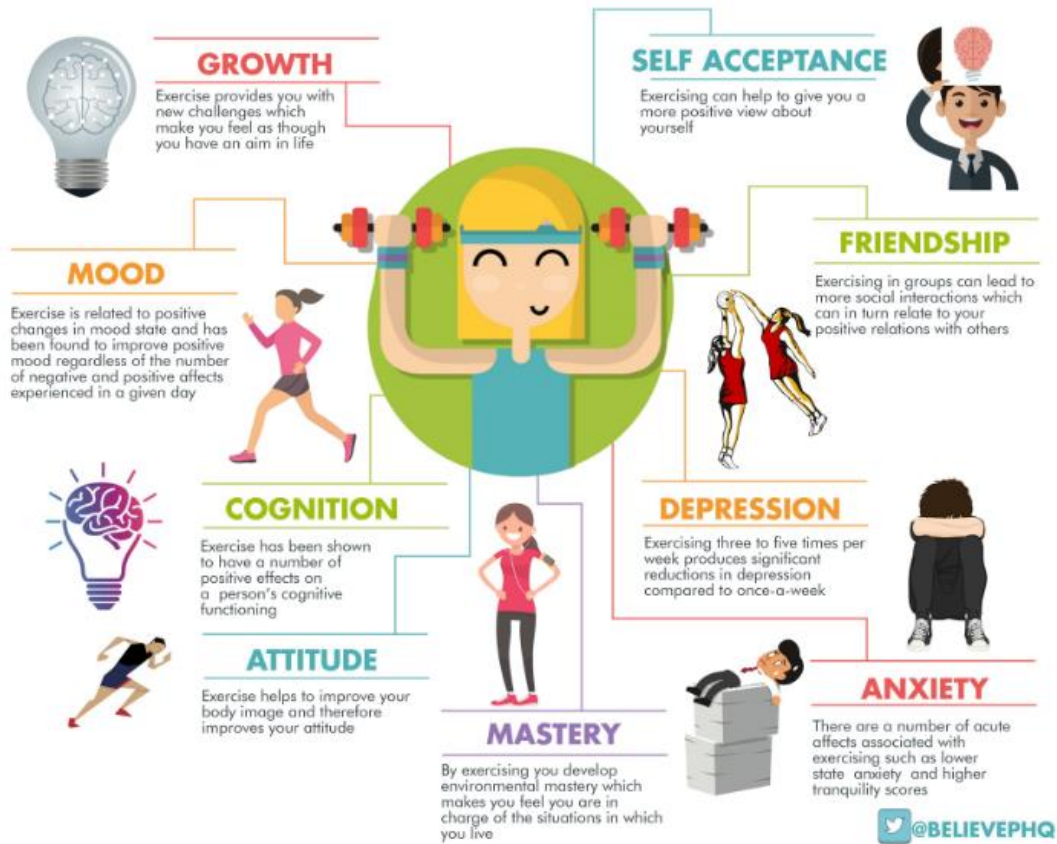
Use your planner and note down what you think would be good to bring in! If anybody wants to help out more or for any questions come and see Mr Phelan in B15 or email jph@email.epchs.co.uk. Thank you so much!

For further information please see Mr Phelan in B15



Mental Health Matters

THE EFFECT OF EXERCISE ON PSYCHOLOGICAL WELLBEING



The YoungMinds Wellbeing Advent Calendar

Looking after your wellbeing as you countdown to the holidays

YOUNGMINDS
360°
schools

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

30 Christmas wish list

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.

Tip: Each pupil can write their list first, then this can be added to an ultimate class list.

1 Knock, Knock?

Ask each pupil to write down and share their favourite jokes to brighten up everyone's day.

Tip: To help them get started, here are some of our favourite jokes from Beano youngminds.org.uk/beano-jokes

2 The gift of giving

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.

Tip: Take the gift of giving outside the classroom and show others that you're thinking of them.

3 Light up the Christmas Tree

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.

Tip: If a pupil is struggling, suggest someone in the class who is supportive, friendly or reliable.

4 Share something special

Ask your students to share with the class something that has really cheered them up when they were feeling down.

Tip: Ask your pupils to think about how it makes them feel and why.

7 Snowman of gratitude

Draw three circles to make the shape of a snowman, in each 'snowball' write the things you are grateful for.

Tip: You could extend this by asking pupils to carefully cut them out and stick them up around the classroom.

8 Have a giggle

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.

Tip: Warm up by clapping your hands and other playful exercises.

9 Letter from Santa

Write a letter that Santa could give to another pupil who is having a tough time.

Tip: Collect all the letters and each day spend 5 minutes reading one out to the class.

10 And breathe...

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.

Tip: Get everyone out of their seats to sit or lie flat in a comfortable position anywhere in the classroom.

11 Positive paper chains

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.

Tip: Instead of connecting them put them in a basket for pupils to take when they need a dose of positivity.

14 Superheroes unite!

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.

Tip: Create the ultimate superhero individually or together on the whiteboard.

15 Christmas boogie

Ask the class to pick a tune to their favourite songs and have a sing and dance together.

Tip: Keep it festive and play music from films like Polar Express, Frozen or Home Alone.

16 Festive hats!

Have different coloured paper across each table and ask pupils to design or create a showstopping festive hat.

Tip: Punch two holes and add some string to hold the hats on their heads for the rest of the day.

17 Rainforest orchestra

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.

Tip: Add in different animal sounds. End with shhh sounds as the animals go to sleep.

18 Have a restful day

Set aside time to relax. Christmas can be a stressful period so it's important that we look after ourselves.

Tip: Make time for your own self-care too. Ask your pupils and colleagues what they will be doing for self-care over holidays.

SIXTH FORM INFORMATION, ADVICE AND GUIDANCE

North West Science Network Twilight Talk Series

The second of the **North West Science Network (NWSN) Twilight Talk Series** was launched this week.

For their second talk of the series, **Dr Tim Ward**, recalls his days of growing up in Salford, doing badly at school and suffering set back after set back to become one of the World's experts in Cancer research...and then fate played an ironic blow.

The talk is now available on the Corpus Christi YouTube channel.

Dr Ward's **live Q&A will take place on the 9th December 5-6 pm.** To receive more information about this and to register, please_email t.payne@xaverian.ac.uk by 5pm on 6th Dec

Virtual Subject Sessions at Northumbria University

A reminder that Northumbria University are offering a series of 'virtual subject events' They are a fantastic opportunity to get a real taste of university study.

Details of the remaining sessions are listed below, with the associated link to allow students to sign up.

Music - Page to performance

Date: Thursday 10th December

Time: 12:30-13:00

Sign-up here: <https://app.geckiform.com/public/#/modern/FOEU0125dQXnsHBS>

English Language and Linguistics - World Englishes (A Review and Reflect Session)

Date: Friday 11th December

Time: 12:00-13:00

Sign-up here: <https://app.geckiform.com/public/#/modern/FOEU01256qgOxb11>

English Literature - From Austen to Austenland: Representing the Regency (LIMITED SPACES)

Date: Recorded session followed by a live seminar session in early 2021 (date tbc)

Time: See above

Sign-up here: <https://app.geckiform.com/public/#/modern/FOEU0125hhd9z2bZ>

English Literature - Money, Modernity and the American Dream in F. Scott Fitzgerald's *The Great Gatsby* (1925) (LIMITED SPACES)

Date: Recorded session followed by a live seminar session in early 2021 (date tbc)

Time: See above

Sign-up here: <https://app.geckiform.com/public/#/modern/FOEU0125S3yYhgc8>



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

@cwprnhs
www.cwprnhs.uk

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

Thought for the week...



#TheEPCHSWay
#MakeitCount