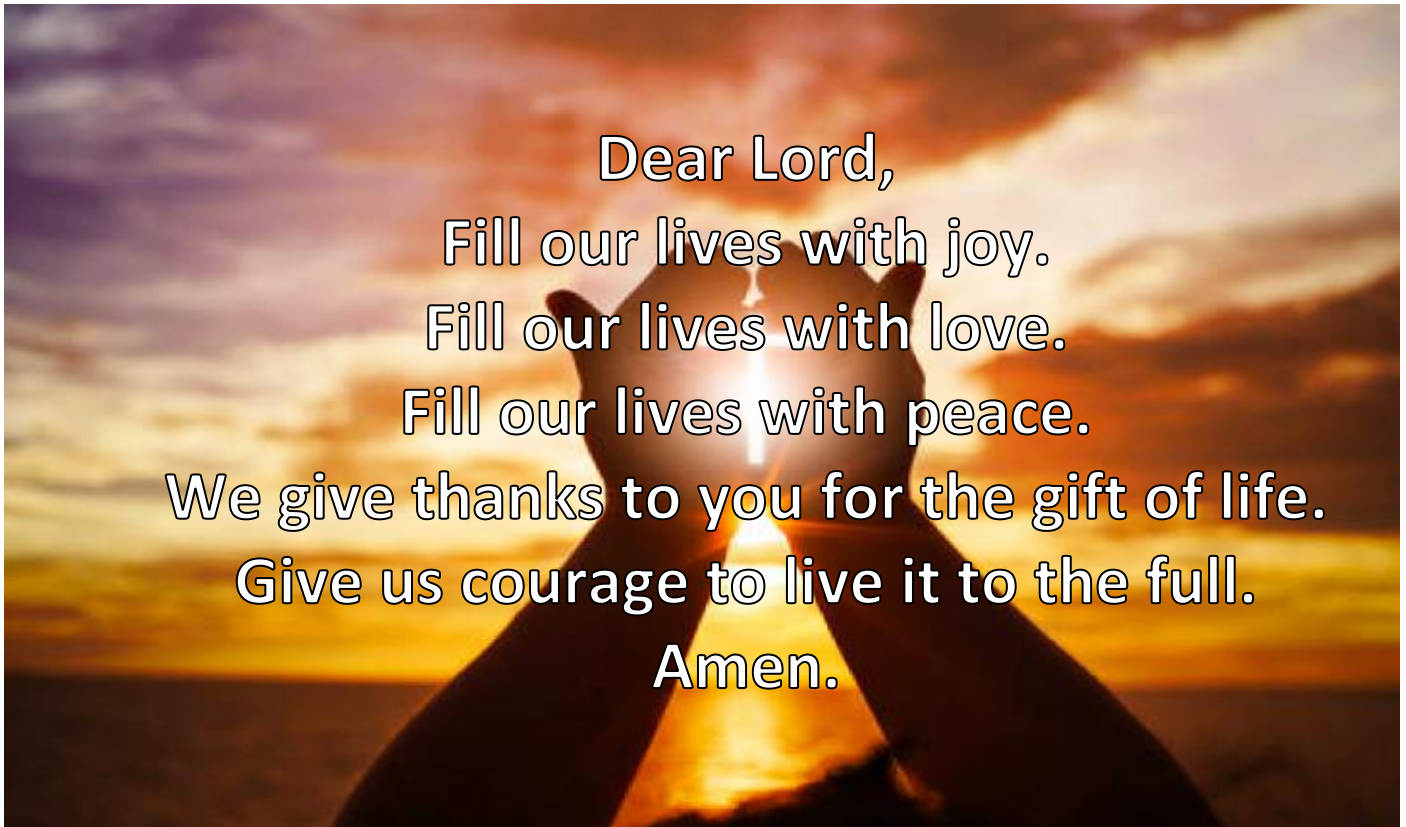




EPCHS Student 'PD' Bulletin #13

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

Hello and welcome to our first Personal Development bulletin of the new school year. You have all been amazing this week, you have listened and followed our guidance perfectly and made the transition to our new normal perfectly. Thank you, it really does show just how fantastic you all are!



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



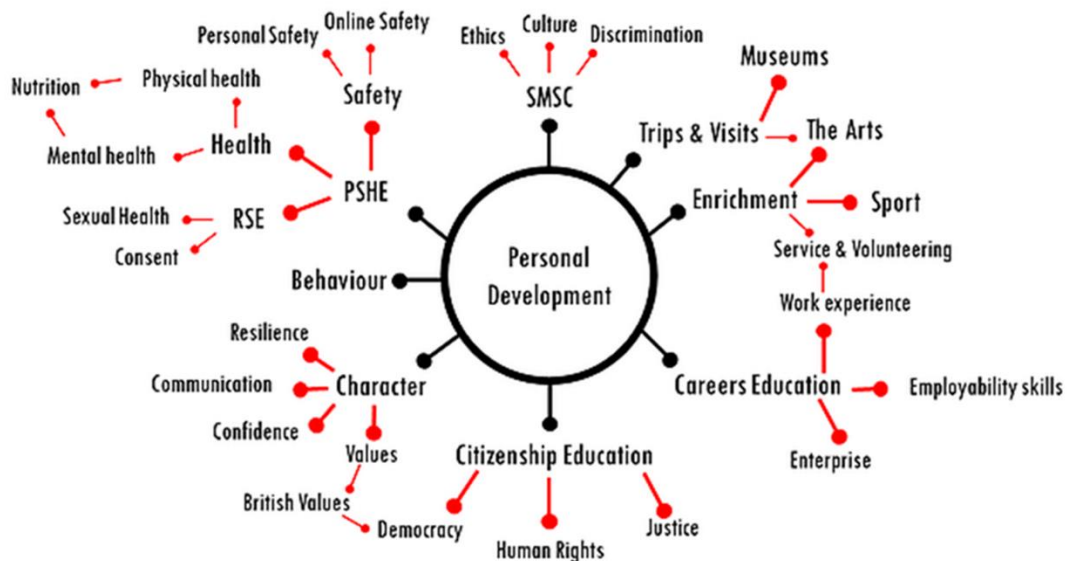
**"Great things happen
when you care"**

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



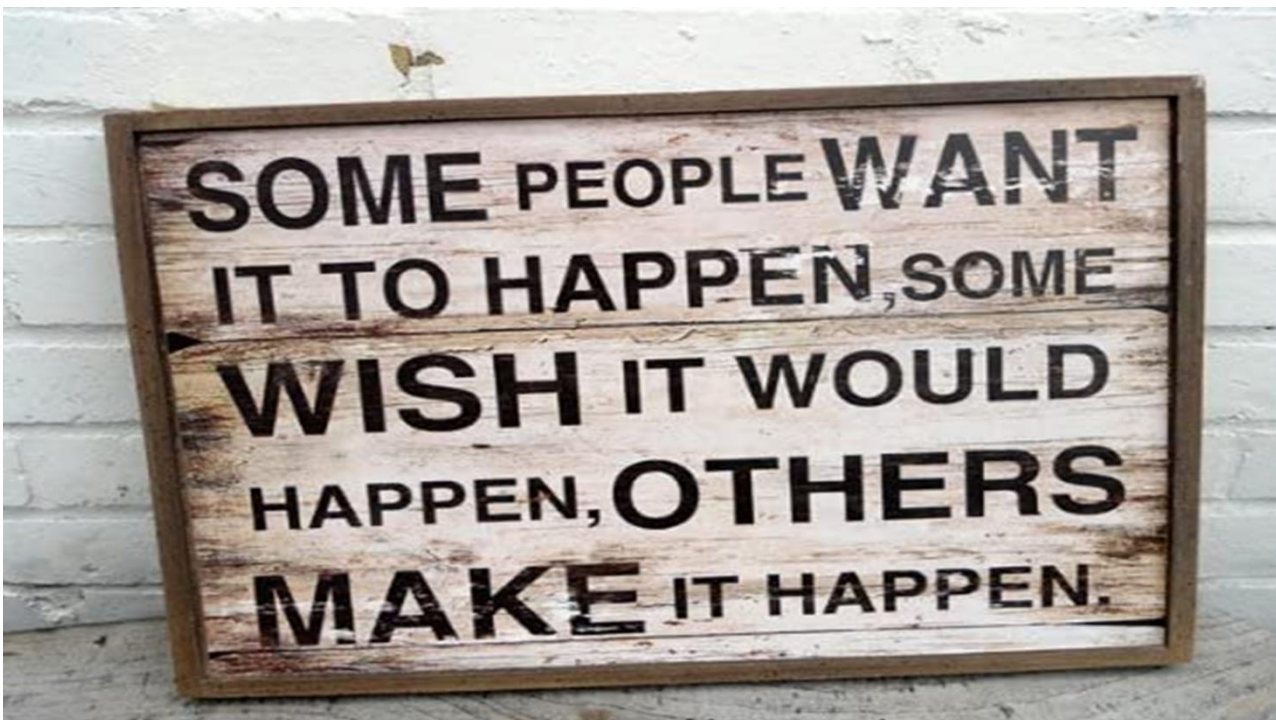
Our school year begins...

This week has seen all students introduced to the new Personal Development program at EPCHS and we are really excited about this!

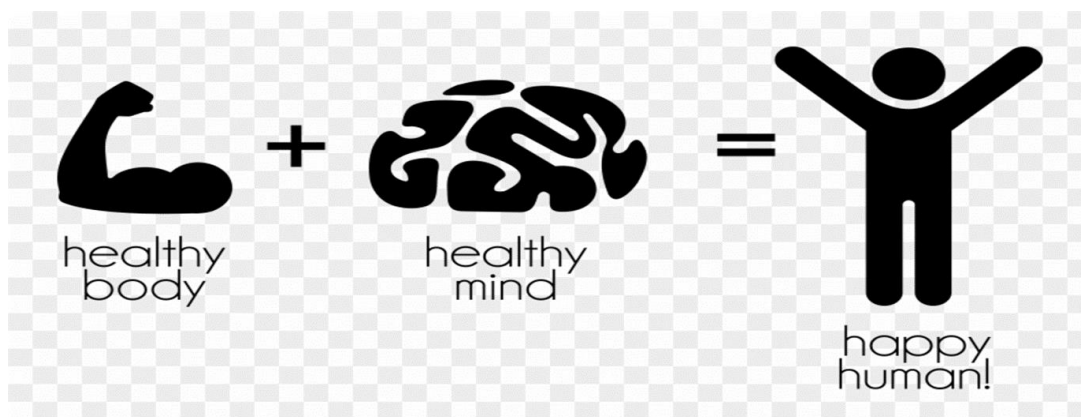


As part of your welcome back days, we have started to look at goal setting and the importance of writing these goals down. If you want to know a little more then check out Jay Shetty again on Youtube...

Jay Shetty – How to set effective goals <https://www.youtube.com/watch?v=GOfI2sbgPhk>



You have probably seen on the news, listened on the radio or seen on social media the hot topic of student wellbeing. Well here at EPCHS we take this extremely seriously as a...



To help you with this we thought we would share this great infographic from @BelievePHQ on twitter...

9 POSITIVE MENTAL HEALTH HABITS TO TRY AND MAINTAIN EACH WEEK

 @BELIEVEPHQ



The infographic features a central illustration of a person's head with a brain, eyes closed, and a slight smile. Surrounding this central image are nine circular icons, each representing a mental health habit. Each icon is accompanied by a title and a brief description of the habit.

- CONNECTEDNESS**
Try and find some time during your week to connect with friends, colleagues or family members
- VALUES**
Engage in activities that provide you with a sense of value and that are important to you
- ACHIEVEMENT**
Engage in activities that provide you with both a sense of pleasure and achievement
- SELF CARE**
Find activities that you can schedule into your week that provide you with a sense of self care
- TALK**
Talk openly to close friends or family members about how you are feeling and what you might be thinking
- STAYING PRESENT**
Use some mindfulness exercises to try and connect you to the present moment
- COPING SKILLS**
Be proactive with your mental health. Learn, practise and refine some new skills that can help you cope with pressure or stress
- RELAXATION**
Schedule time into your week where you can switch off and relax your mind and body
- PHYSICAL ACTIVITY**
Where possible try and stay active. Exercise is a great tool for boosting mood and reducing stress and anxiety

Over the coming weeks the full Personal Development program will be starting and it really is going to be fantastic. Designed by our new area Leads, the program is bespoke to our school and will support you, as you move forward through life. This is not just about school, this is about your future and enabling you to develop positive, life enhancing habits.

Student Council...

Keep an eye out for the Student Council over the next week. We have some exciting plans to put YOU, the students at the front of driving new initiatives...sound interesting then speak to Mr Barry!



Have a great weekend everyone, take some time to enjoy yourself and remember come Monday...

