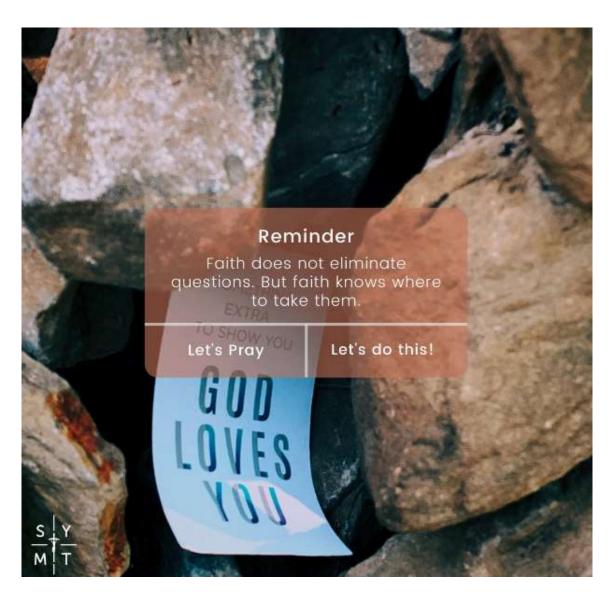


EPCHS Student 'PD' Bulletin #31

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





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









THINGS THAT





The final few days of the Everest Challenge...

Wednesday is summit day for our Everest Adventurers but will you make it? Have you completed the daily challenges? Do you have what it takes to complete it and conquer the Everest Challenge? To climb the tallest mountain in the World? To push you mind-set, develop you resilience and make it count....

We even had a message from Adventurer Alex Staniforth...

https://youtu.be/N1q9F7K4j6k



Currently Year 10 are sitting in the lead, edging the staff. However at the end of last week Year 7 and Year 8 were making quick progress and closing in. Word has it Year 9 have also had a great weekend and could even take the lead!

Year 11 are the dark horse of this competition though, will they mount a last ditch attempt to take the win from Base Camp, have they travelled a different route up Everest to avoid all eyes and take the title of Everest Challenge Winners?

It is all to play for so don't forget to enter your totals on your YEAR GROUP PAGE.

THE EVEREST CHALLENGE

Wellbeing Wednesday

February 10th, 2021



Here's a taster of the activities we are suggesting...for more see you Year Teams page!



Can you create a 'Lockdown' inspired cake?

Spend some time having fun in the kitchen baking, even better share your cakes in Teams and challenge your friends.

Don't forget to ask for your families permission!





Some Good News...

All students and staff!

- Send Mr Phelan your good news, then look out for the first recording of Ellesmere Port Catholic High's SOME GOOD NEWS.
- Mr Phelan will share students, staff and even the rest of the world's good news with you all on Wellbeing Wednesday.
- As we try and remember that there are lots of good things going on in the school, at home and everywhere else!
- Send him an email, a message on teams and he will put together some good news for you all to enjoy!



Ellesmere Port Catholic Highs version of the popular web series by John Krasinski (He's Jim from the US office!)





We hope you have a fantastic day, enjoy the activities and please do share your thoughts via the Year Team page. We would love to see what you got up to!

Mrs McHugh's Library News

Hello everyone! I hope you enjoyed reading a book by *Lewis Carroll* last week and escaping to his whimsical world with myON! Just a quick reminder to our students in Years 7 and 8, don't forget you can log into your Accelerated Reader Account from home to take a quiz once you have finished reading your chosen book. Extra Achievement Points will be awarded to those students who successfully quiz on any of the *Lewis Carroll* books mentioned!





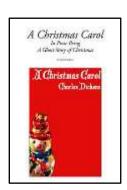


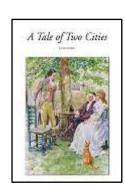
As we are now in February and *Charles Dickens* was born on February 7th 1812, let's celebrate his **209**th **Birthday** by choosing to read one of his books with myON!

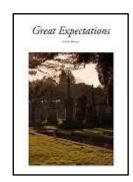
The Charles Dickens books available for you to read with myON:











You could also watch some Charles Dickens adaptations to inspire you to read a Dickensian Classic! Go to Amazon Prime to watch David Copperfield.



Don't forget that you can also borrow **any** Charles Dickens book from <u>your library at EPCHS</u> or from your local library in town. So, I can already hear some of you saying "Why should I even *think* about *reading* Charles Dickens? "Well, watch this Ted Ed video and I'm sure it will inspire you to read this **world famous writer and social commentator**. I really believe it will make you realise that the novels of Charles Dickens are just as relevant today as they were when they were written in the 19th Century!

https://www.youtube.com/watch?v=5czA L eOp4&list=RDCMUCsooa4yRKGN zEE8iknghZA&index=1

You may be surprised to hear that Charles Dickens was like a 19th century Marcus Rashford. How, you ask? Well, they both experienced poverty and hunger whilst growing up. And just like Marcus Rashford, Dickens **shone a light on the need for social justice**. And just like Dickens, Marcus Rashford believes in the power of reading to change things for the better. Here's what Marcus recently said:

"I only started reading at 17, and it completely changed my outlook and mentality. I just wish I was offered the opportunity to really engage with reading more as a child, but books were never a thing we could budget for as a family when we needed to put food on the table. There were times where the escapism of reading could have really helped me. I want this escapism for all children. Not just those that can afford it."*



*'Marcus Rashford launches book club so every child can experience 'escapism' (The Guardian newspaper): https://www.thequardian.com/football/2020/nov/17/marcus-rashford-launches-book-club-so-every-child-can-experience-escapism





TECH Support...

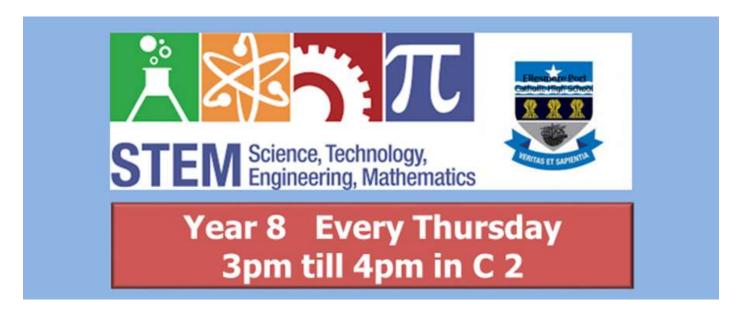
If you experience any technical difficulties, our IT support team are ready to help.

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!



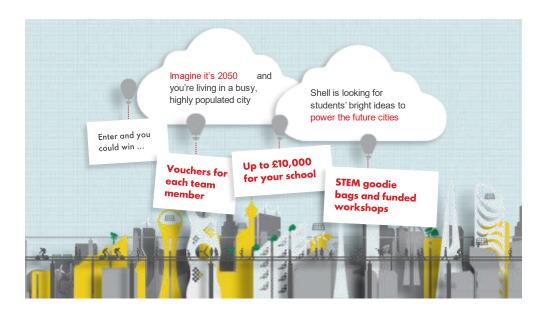


Calling all year 8's Would you like a challenge and win a possible £10,000 for your school and vouchers for your self as well as a goody bag. If so, then please get in contact with me on Teams. My name is Mr Hickman (THI) or become a member of the STEM after school club where we are trying to integrate this competition with life on Mars with 4wardfutures with Mark Waters Myself and other members of the STEM Club at present. Looking forward to hearing from you.

Many thanks

Mr Hickman





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





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

Year 11 into the 6th Form information...



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.
- 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.



Dear pupils,

Introducing SAM Learning

At school we are always looking for ways to extend our pupils' learning. Part of our improvement programme involves the use of SAM Learning, a unique online service that offers multiple subjects. Studies show that pupils achieve 2 GCSE grades on average better than expected with as little as 10 hours or more use of SAM Learning. Click on the link to watch a presentation about SAM Learning https://bit.ly/3ay935l

Access Details

As one of our pupils, you are able to access the service at anytime and anywhere, whether you are at school, but also at home, in the library and community centre – and it works on any device, from smartphone to home PC. All you need to do is visit the website and enter your unique login details:

Website address: www.samlearning.com

Centre ID:	CH65EP
User ID:	Date of birth followed by two initials: first name then last name.
	010806DJ is the User ID for David Jones, born 1 st August 2006.
	230209SK is the user ID for Sandeep Kaur, born 23 rd February 2009.
Password:	Initially same as your User ID, you are encouraged to change this to something difficult to guess.

It is advised that you keep a record of your access details in a diary, exercise book or somewhere safe.

Getting Started

When you first log in, you will be able to set up your own Avatar – which you can customise, as you complete challenges – as well as link with your friends to compete in challenges.

Your teachers will show you how to use the service and you might wish to show your parents how it works. The service enables your homework to be set and marked online, which means you can easily see how well you are getting on.

We hope that you are able to take full advantage of SAM Learning and wish you the best of luck in your studies.

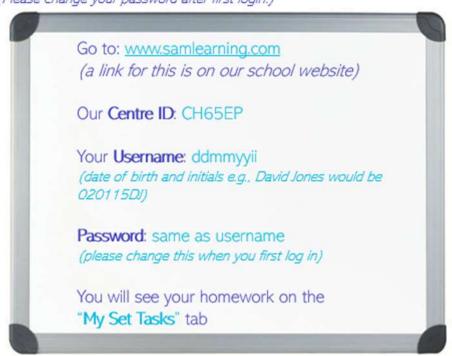
Yours sincerely,

Mr M Cavanagh

Assistant Headteacher - Teaching and Learning

Learners — follow this to log in. (Please change your password after first login.)







Information for 6th Form

NATIONAL APPRENTICESHIP WEEK IN SIXTH FORM PERSONAL DEVELOPMENT:

On Monday 8th February, 9am-10am, Mrs Henderson will deliver a session on Apprenticeships. This will be to all the Year 12s and those Year 13s interested in doing an apprenticeship. The session will cover the different types of apprenticeships, the employment sectors where you will find them, the benefits of an apprenticeship and how to apply for them.

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 students in Y10, Y11, Y12 and Y13, applications close on 21st February!

If you have any questions about applying, please get in contact! Application Link: https://bit.ly/3rjRjT2

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!



https://www.research.net/r/Marks-Spencer-Webinar



UCAS Apprenticeship Week...



This <u>National Apprenticeship Week (Monday 8 February – Friday 12 February)</u> UCAS are hosting a week of dedicated live sessions, information, and advice about everything to do with apprenticeships! Each day students will discover something new about what's on offer and what's involved in studying while working. Students can book now to have the opportunity to:

- speak to employers and providers offering apprenticeships in their virtual exhibition hall.
- find out if an apprenticeship is right for you and how to choose from all the options.
- get expert advice on what it takes to make a winning application and deliver a knock-out interview.

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



HOW TO HELP A FRIEND WHO IS STRUGGLING WITH ANXIETY DURING LOCKDOWN

EXERCISE TOGETHER



Support and encourage them to engage in some exercise. Exercise can help boost mood and reduce stress and anxiety

ACTIVITY SCHEDULE



Help them to plan their week and schedule in some activities that provide them with a sense of pleasure and achievement

KEEP CONNECTED



Encourage them to keep connected to their friends and family via a variety of different online technologies

BREATHING TECHNIQUES



Encourage them to learn some breathing techniques that you can engage in together. These techniques can help calm the mind and body.

REST AND RECOVERY



Help your friend to engage in some activities that provide them with a sense of relaxation. Encourage them to get adequate rest during their week

PHYSICAL HEALTH



Encourage your friend to look after their physical health by making sure they are staying hydrated, eating well balanced meals, staying active and maintaining a good sleep routine

Try and be patie



Try and be patient and understanding with what it is they are going through. Listen to what they are saying

ASK THEM



Ask them if there is anything you can do to that will be helpful. This is a useful way for understanding how you can best support them

THE RIGHT SUPPORT



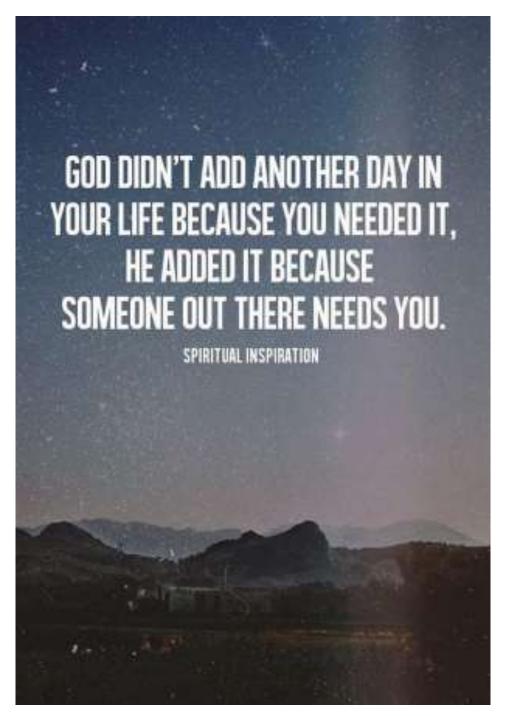
Help them to find the right support. If they are struggling encourage and support them to speak to their doctor or a local mental health charity

CHECK IN ON THEM



Stay in touch with them and regularly check in with how they are doing. Whether it is a text, email or phone call, it is always useful to keep in contact

Thought for the week...





#TheEPCHSWay #MakeitCount

Daily Wellbeing Challenges...

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



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!

#AnInternetWeTrust



Careers guidance and more...

A message from The Pledge...

Dear Student

This email is to invite you to take part in our **Deep Dive workshops** that begin next week and run through until the end of Feb.

At the workshops that range from 30 – 50 mins, you can find out in more detail things like:

- How to apply for apprenticeships
- What life at university is like
- How to make your CV stand out by using Canva
- Beginners intro to coding
- Intro to digital drawing

If you are 16 or over you can also take part in

- How to set up a LinkedIn Profile
- How to present yourself on Zoom for interview

Please see this REGISTRATION FORM to get booked, many of the workshops have limited spaces so be quick!

Please also note, as spaces are limited, you must let me know if you can't attend after signing up.

Thank you very much indeed. Best wishes

Lizzy Parkin

Cheshire and Warrington Growth Hub



















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Students can book now to have the opportunity to:

- speak to <u>employers and providers</u> offering apprenticeships in their virtual exhibition hall.
- find out if an apprenticeship is right for you and how to choose from all the options.
- get expert advice on what it takes to make a winning application and deliver a knock-out interview.

AMAZING APPRENTICESHIPS: NATIONAL APPRENTICESHIP WEEK:

Please follow the link to the <u>'Amazing Apprenticeships'</u> website where you can find out about and participate in activities that have been prepared for you by a variety of organisations about apprenticeships <u>www.amazingapprenticeships.com/naw2021</u>

APPRENTICESHIP TALK SESSIONS - 8th FEBRUARY

During next week's <u>National Apprenticeship Week</u>, <u>Young Professionals UK</u> are hosting a <u>free virtual event</u> called <u>'Apprentice Talk Sessions'</u> on <u>8th February</u>, <u>3pm-5pm</u>. This is for <u>students</u>, <u>parents and teachers</u>. It will feature 12 different apprentice highlight journeys. There will be an opportunity to ask questions and find out about other young people's career journeys. There will be information about different types of apprenticeships, some myth busting and a few prizes along the way. To register, click on the link: https://www.research.net/r/NAW2021

NESTLE 'APPRENTICESHIP DISCOVERY EVENT', 9TH FEBRUARY, 5PM-6.30PM

During this 90 minute event, you will hear first-hand from existing apprentices about their experience of undertaking an engineering/food manufacturing apprenticeship and Nestle will showcase how apprenticeships can rival any university qualification. They will also share with you hints and tips on how to perform well during any recruitment process and signpost you to current apprenticeship opportunities with Nestlé UK.

Nestlé are also offering a **free mentorship programme** to delegates who attend the discovery days and who are interested in pursuing an application for an apprenticeship with Nestlé. The aim of the mentorship programme is to assist students with early careers planning and to provide one to one support from a Nestlé apprentice to mentor applicants through the application and selection process. You register by clicking on this link: https://nestleapprenticeships.eventbrite.co.uk

NATIONAL APPRENTICESHIP WEEK - NESTLE VIRTUAL CAREERS FAIR AND WEBINAR

11TH FEBRUARY, 10AM – 5.30PM

Virtual Careers Fair (10am-4pm)

Nestle have a number of apprenticeships available for you to learn about as you navigate your way through their virtual career booths. You will be able to chat with them throughout the day so they can answer any questions you may have about apprenticeships, their application process, the Nestlé culture and more.

Virtual Live Webinar (4pm-5.30pm)

Nestlé Academy are hosting a webinar for National Apprenticeship Week. This is an opportunity to find out more about Nestlé and their early career opportunities. This is an opportunity to get to know the Academy and most importantly, their past and current apprentices. They will talk you through their personal career journeys and what being on a scheme as an apprentice for Nestlé really means. There will be a live Q&A where you will gain an insight into Nestlé culture, values and opportunities.

To secure your place at the event, please follow the link: <u>Nestlé Academy – Building Skills for the Future Virtual Careers Fair (vfairs.com)</u> and click 'Register Now.'



MEET THE 'RUSSELL GROUP' - 10TH FEBRUARY, 12PM-7PM



russellgroup.vfairs.com

Designed for students aiming to study at a Russell Group university, this virtual event will allow you to **explore all 24 Russell Group Universities** and chat to their representatives. You can also take part in 13 live and interactive webinars throughout the day, including a new Parent and Teacher Support session. For more information and to register, please follow the link https://russellgroup.vfairs.com/

National Apprenticeship Week 2021...



Virtual Open evening 10th February. Click the lick to register

https://www.eventbrite.com/e/daresbury-laboratory-apprenticeship-virtual-open-evening-2021-tickets-133827889821

Engineering vacancies for 2021

https://www.findapprenticeship.service.gov.uk/apprenticeship/-567982 https://careersportal.co.uk/UKRI-careers/jobs/advanced-higher-engineering-apprenticeship-stfc-203





The theme for this year's event - Build the Future...

We are very pleased to be supporting National Apprenticeship Week (NAW) next month on the 8th - 14th February. The theme for this year is 'Build the future' focused on how employers train, retain and achieve with apprenticeships. If you're interested in taking part, download the NAW Campaign toolkit. We'll be sharing the success stories of some of our apprentices and employer partners as well as hosting

events including a Degree Apprenticeship Open Evening and a series of Employer Webinars.

Our employer webinars will cover specific programmes we offer and provide employers with an overview

Our employer webinars will cover specific programmes we offer and provide employers with an overview of how degree apprenticeships work, the funding available, plus why they would benefit from committing their time and resources to exploring the degree apprenticeship route. There are dedicated webinars exploring our Nursing, Leadership and Management, Laboratory Scientist, Health and Social Care and Digital Apprenticeship programmes. Find out more below.

https://recruitmentmarketingapprenticeships.cmail19.com/t/ViewEmail/y/86A85DDE350C5AD82540EF23F30FEDED/CEA216DCF9887F3E3FEC1D8A50AFD3BD



Enrol for the National YAAN Quiz Night

https://www.eventbrite.co.uk/e/national-young-apprentice-ambassador-network-naw-quiz-night-tickets-137579368595



Learn Live Apprentices Daily Broadcast 6pm

A series of interviews from a range of apprentices to promote the pathway and range of roles available in your region. Local businesses will also be on the LIVE CHAT during the broadcast to answer any questions you might have about apprenticeship opportunities within their companies. To join these LIVE broadcasts, please click on the following link: https://learnliveuk.com/apprentices-live/



Wednesday 10th February - National Apprenticeship show

Find out about apprenticeships available at AstraZeneca – Chat to current apprentices. Register here https://nas.vfairs.com/

Resources to support the National Apprentice Week https://www.inspirationallearninggroup.co.uk/about-us





SSYP Newsletter - Edition 3

Welcome All,

In the third addition of our newsletter, we are focusing on Exercise and Wellbeing.

Exercise and physical activity are great ways to feel better, improve your health and make you feel better about yourself. Experts say engaging in regular activity throughout the week is a great way to boost your own morale and will therefore assist you focusing on your schoolwork, which we know, many of you are doing from home.

Below we will outline and signpost you to some websites we have enjoyed and think you will too.

The current NHS Guidelines recommend teenagers exercise for 1 hour a day. Whilst we don't expect our teenager to be hopping, skipping, jumping and doing bear crawls in the living room we do advise that they make every effort to use their hour in the fresh air. It is well documented that teenagers with use more energy and be active outdoors. So maybe give them a shopping list, an item to post, or something to collect so they have a reason to break free from their studies at home.

The Body Coach

Click on this link to access his YouTube channel - https://youtu.be/66EyFKtb7Fw



We have all heard of Joe Wicks, also known as The Body Coach. He is a TV presenter and author and arguably the most well-known British Fitness Coach.

His method uses HIIT workouts; these are short intense High Intensity Interval Training.

During the first lockdown, his 9am family HIIT Sessions were a huge hit with the nation. You can still participate in these sessions at 9am on Monday, Wednesday and Friday.

As well as physical exercise, exercising the mind is also really important. It can assist with improved concentration, mental clarity, emotional intelligence and the ability to relate to others with kindness, compassion and acceptance.

If The Body Coach is not for you, here are two more YouTube Channels which feature a lot of physical exercise and workouts at home – directed specifically towards teens/young adults.

KlikKluK - YouTube

Kendrick Chavez - YouTube

Mindfulness

A new study suggests that mindfulness education (lessons on techniques to calm the mind and body) can reduce the negative effects of stress and increase students' ability to stay engaged, helping them stay on track academically and avoid behaviour problems.

It can also help both teachers and students to reduce stress and anxiety, strengthen attention and focus, support social and emotional growth, and better resolve the inevitable conflicts that arise.

Not only can it relieve stress, but it can also lower blood pressure, reduce pain, and help to improve sleep and mental health.

If you feel stressed, unhealthy and unhappy, you may be ready to introduce mindfulness and/or meditation into your life. It is proven that if you learn how to sit quietly with yourself and calm your brain, you will discover a completely new world of contentment and serenity. Your physical aches and pains will melt away as your body and mind learn the keys to true happiness.

Among its theorized benefits are self-control, objectivity, affect tolerance, enhanced flexibility, equanimity, improved concentration and mental clarity, emotional intelligence and the ability to relate to others and one's self with kindness, acceptance and compassion.

Follow this link for 10 Mindfulness Activities for Teens

www.mentalup.co/blog/mindfulness-activities-for-teens

***Want to stay in touch please follow our Safer Schools and Young person FaceBook and Twitter account ***

Follow @cheshirepolice on Twitter | Like Cheshire Police on Facebook

Follow @CheshireSSYP on Twitter

Youth Engagement Officers, Safer Schools Partnership,

