



EPCHS Student 'PD' Bulletin #34

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

"Just take everything exactly as it is, put it in God's hands, and leave it with him.

Then you will be able to rest in him - really rest."

St. Teresa Benedicta of the Cross



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



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

Please read the following pages very carefully to ensure you have the correct information ready for your return to school this week...

Rules for schools in England

From 8 March



All pupils in all years can return to schools and colleges



Twice-weekly tests for secondary school and college pupils, initially on-site and then at home



Staff will also be tested regularly



Face coverings must be worn in secondary schools indoors, including classrooms, unless 2m social distancing is possible



Face coverings also recommended in early years and primary schools for staff and adult visitors where social distancing between adults is not possible





After school clubs and children's sport activities can resume


NHS Test and Trace


HOW TO DO YOUR TEST


WHILE THIS IS A SELF-SWAB TEST, THERE WILL BE A TESTING HELPER WHO WILL OVERSEE THINGS AND PROVIDE HELP IF YOU NEED


- 

YOUR COVID-19 TEST WILL BE SCHEDULED. IF YOU ARE UNDER 16, YOUR PARENT / CAREER WILL HAVE CONSENTED.
- 


YOUR TEST WILL BE FAST, AND WHILE IT MIGHT FEEL A LITTLE UNCOMFORTABLE, IT WON'T HURT YOU.
- 


BLOW YOUR NOSE IF NEEDED, WASH AND DRY/HANDYSE YOUR HANDS. REMOVE THE SWAB BEING CAREFUL NOT TO TOUCH THE SOFT PART.
- 

10 SECS
OPEN YOUR MOUTH WIDE AND USE A MIRROR TO LOOK AT THE BACK OF YOUR THROAT, THEN USE THE SWAB TO RUB FIRMLY 4 TIMES ON EACH SIDE.
- 

REMOVE THE SWAB CAREFULLY WITHOUT TOUCHING YOUR TEETH, TONGUE OR GUMS.
- 

GENTLY PLACE IT ABOUT 2-2.5 CM INSIDE ONE OF YOUR NOSTRILS. ROLL THE SWAB 4-5 TIMES ALONG THE LINING OF THE NOSTRIL. THIS WILL TAKE 10-15 SECONDS.
- 

AFTER THIS, YOU'RE DONE. GENTLY REMOVE THE SWAB BEING CAREFUL NOT TO LET ANYTHING TOUCH THE TIP.
- 

YOUR SWAB CAN THEN BE PLACED IN A TUBE FOR TESTING, THIS TAKES ABOUT 30 MINUTES.
- 

YOUR SCHOOL / COLLEGE WILL CONTACT YOU OR YOUR PARENT / CAREER WITH THE RESULTS AND LET YOU KNOW WHAT HAPPENS NEXT.

Lateral Flow Tests - Form Group Times

	Mon 15.03	Tues 16.3	Wed 17.03	Thurs 18.3	Fri 19.3
08:45	7B + 7J + 7K	8B + 8J + 8K	10B + 10J	7B + 7J	8B + 8J
09:45	7M + 7R + 7T	8M + 8R + 8T + 8C	10K + 10M	7K + 7M	8K + 8M
11:15	7L + 7C	9B + 9J	10R + 10T + 10C	7R + 7T	8R + 8T + 8C
13:00	12B + 12R + 12C	9K + 9M	11B + 11J + 11K	7L + 7C	9B + 9J + 9K
13:30	13A + 13J +13L				
14:00		9R + 9T + 9C	11M + 11R + 11T + 11C		9M + 9R + 9T +9C

Yellow = Tests will be carried out during the school day and organised by the Pastoral Team.

We have some great bakers in EPCHS so now is your chance to shine...



Mrs McHugh's Library News

To support all our students as we return back to full time schooling, Mrs McHugh has arranged for a selection of literature relating to Wellbeing, Mental Health and LGBT to be on display in the library.

Please visit, sit down and take 5 to read some of the great books available.

Remember if you need anything at all just ask!



TECH Support...

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

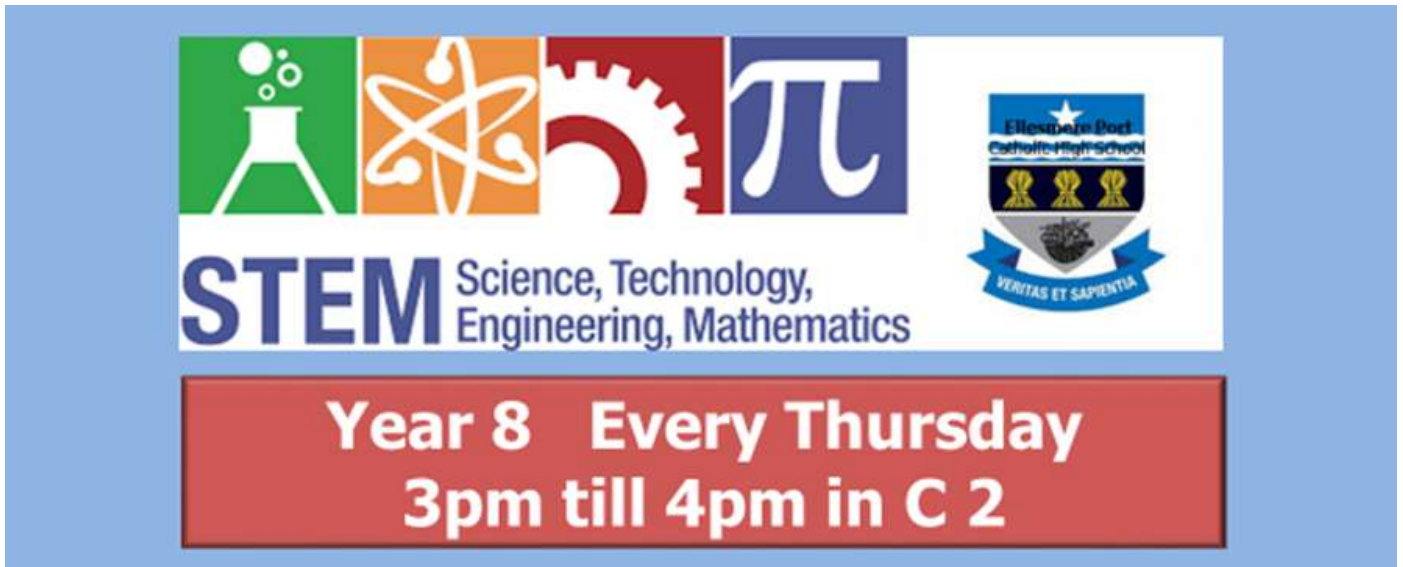
They can easily be contacted by email using the address helpdesk@epchs.co.uk



#MakeItCount

Year 8 STEM Club is on every Thursday...

STEM Club starts back this Thursday and Mr Hickman has some exciting news to share with you all!!!!
The Club is open to all Year 8 students and is held in C2 every Thursday 3-4pm.



Have you seen?

Challenging prejudice with the Anne Frank Trust...

Year 12 History A Level students worked with the Anne Frank Trust in order to create a powerful film, interviewing staff across the school about their experiences of prejudices throughout their lives, from a variety of perspectives. We wanted to create this film in order to challenge stereotypes, create discussion but also to reinforce the inclusivity of our school community. <https://epchs.co.uk/challenging-prejudice-with-the-anne-frank-trust/>



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

THE IMPORTANCE OF SLEEP

WHY

IS SLEEP IMPORTANT?

Sleep helps...

- Repair your body
- Improve learning and memory
- Lower stress levels
- Improve creativity
- Support growth and development
- Maintain your immune system

HOW

CAN I SLEEP BETTER?

To get a better night's sleep...

- Go to bed and wake up at the same time each day
- Avoid big meals right before bed
- Exercise regularly
- Turn off the computer, phone, and television
- Keep your bedroom cool, quiet and dark

WHAT IF

I DO NOT GET ENOUGH SLEEP?

Sleep deprivation can...

- Increase anxiety, depression or other mental health problems
- Lead to risky or impulsive decisions
- Cause irritability or mood swings
- Cause headaches, weight gain and poor vision
- Lead to more illnesses



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. <i>010806DJ is the User ID for David Jones, born 1st August 2006.</i> <i>230209SK is the user ID for Sandeep Kaur, born 23rd February 2009.</i>
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.)

Go to: www.samlearning.com
(a link for this is on our school website)

Our Centre ID: CH65EP

Your Username: ddmmyii
(date of birth and initials e.g., David Jones would be 020115DJ)

Password: same as username
(please change this when you first log in)

You will see your homework on the
"My Set Tasks" tab

SAM Learning Learner Guide: Accessing Activities

Step 1: Sign in to SAM Learning



Go to: www.samlearning.com

Centre ID: **CH65EP**

Username: ddmmyii
(your date of birth and initials)

Password: ddmmyii
(the same as your username at first)

Step 2: Select 'My Set Tasks'

Step 3: Choose a task
you have been assigned



OR...

Step 2: Select the 'Activities'
tab



Step 3: Filter by Key
Stage, Subject, Exam
Board and Topic

Step 4: Choose an
activity to complete



Information for 6th Form...

SIXTH FORM INFORMATION, GUIDANCE AND ADVICE



The UK University & Apprenticeship Search Virtual Fair is taking place on **17th March 2021, 12pm-6pm**. This is a fantastic opportunity for students from Years 11, 12 and 13 to explore **over 100 universities, colleges and apprenticeship providers** from across the UK. It is an opportunity to engage with Admissions Officers and Student Ambassadors from Universities to have your questions answered. There will also be virtual campus tours and 10 live webinars taking place on a range of subjects from apprenticeships to writing a personal statement. For more information or to register go to www.ukunisearch.vfairs.com

WHAT CAREER LIVE AND WHAT UNIVERSITY LIVE - 19th & 20th MARCH – FREE VIRTUAL EVENT

'What Career Live' and 'What University Live' is a virtual event taking place on **19th March (10am-5pm) and 20th March (11am-3pm)**. It will give students the opportunity to listen to and speak to universities and companies in real time, get expert advice and benefit from 1-to-1 support to help kick start their futures. There will be talks from universities and companies (both real time and on demand), workshops, a CV clinic, a US university zone, a creative hub, a parent's lounge, a careers advice lounge, a disability support hub and a 'Buskers Corner' where you can listen to and watch performances by students from the Access Creative College. This event is **free but tickets need to be booked in advance**.

To do this and for more information go to [Virtual Event - 19 & 20 March 2021 | What Next? \(whatcareerlive.co.uk\)](http://Virtual Event - 19 & 20 March 2021 | What Next? (whatcareerlive.co.uk))

UK UNIVERSITY AND APPRENTICESHIP SEARCH: WEBINAR WEDNESDAYS

These continue next week and will support **Year 12s** as they begin to think about their next steps and how they can strengthen their university, college or apprenticeship applications. Each webinar will be led by experts from universities or apprenticeship providers and will feature a Q&A session.

Date	Title	Link to register (if the link doesn't work from here cut and paste it into your browser)
24 th March	Applying to creative courses: insight in how to put together a portfolio for art and design courses	https://zoom.us/webinar/register/WN_nsnL9kbXTSyevvm4tpp9bA

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.



Thought for the week...

Be strong enough to stand alone,
smart enough to know when you need
help, and brave enough to ask for it.

Ziad K. Abdelnour



#TheEPCHSWay

#MakeitCount

don't forget to...

{NOTES TO SELF}



① FOCUS ON THE GOOD.
(It's there.)



→ Like reading or drawing or playing or dreaming

② DO SOMETHING YOU LOVE.



③ GO OUTSIDE.



④ LOVE WHO YOU ARE NOW.

(The past is over. Let it goooo.)



⑤ KEEP BEING BRAVE.

→ It might feel hard sometimes, but the night'll end + the clouds'll part.

