



EPCHS Student 'PD' Bulletin #33

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

"Seek a relationship when you pray, not answers.

You won't always find answers, but you will always find Jesus."

Fr. Mike Schmitz



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 / CARER 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/SANITISE 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
- 

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

6 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
- 

8 YOUR SWAB CAN THEN BE PLACED IN A TUBE FOR TESTING. THIS TAKES ABOUT 10 MINUTES
- 

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

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

Please read the following information carefully...

	MON 8 TH	TUE 9 TH	WED 10 TH	THU 11 TH	FRI 12 TH
YEAR 7	Key Worker & Vulnerable students on site (normal timetable)	Key Worker & Vulnerable students on site (normal timetable)	In school (lateral flow test followed by normal timetable)	In school (normal timetable)	In school (normal timetable)
YEAR 8	Key Worker & Vulnerable students on site (normal timetable)	Key Worker & Vulnerable students on site (normal timetable)	Key Worker & Vulnerable students on site (normal timetable)	Key Worker & Vulnerable students on site (normal timetable)	In school (lateral flow test followed by normal timetable)
YEAR 9	Key Worker & Vulnerable students on site (normal timetable)	Key Worker & Vulnerable students on site (normal timetable)	Key Worker & Vulnerable students on site (normal timetable)	In school (lateral flow test followed by normal timetable)	In school (normal timetable)
YEAR 10	Key Worker & Vulnerable students on site (normal timetable)	In school (lateral flow test followed by normal timetable)	In school (normal timetable)	In school (normal timetable)	In school (normal timetable)
YEAR 11	In school (lateral flow test followed by normal timetable)	In school (normal timetable)	In school (normal timetable)	In school (normal timetable)	In school (normal timetable)
YEAR 12	In school (normal timetable)	In school (normal timetable)	In school (normal timetable)	In school (normal timetable)	In school (normal timetable)
YEAR 13	In school (normal timetable)	In school (normal timetable)	In school (normal timetable)	In school (normal timetable)	In school (normal timetable)

Lateral Flow Tests - Form Group Times

PLEASE ARRIVE NO EARLIER THAN 5 MINUTES BEFORE YOUR DUE TIME

	MON 8 TH	TUE 9 TH	WED 10 TH	THU 11 TH	FRI 12 TH
08:45	11B + 11J	10B + 10J	7B + 7J	9B + 9J	8B + 8J
09:45	11K + 11M	10K + 10M	7K + 7M	9K + 9M	8K + 8M
11:15	11R + 11T + 11C	10R + 10T + 10C	7R + 7T	9R + 9T + 9C	8R + 8T + 8C
13:00			7L + 7C	11B + 11J + 11K	10B + 10J + 10K
13:30			12B + 12K + 12C		
14:00			13A + 13J + 13L	11M + 11R + 11T + 11C	10M + 10R + 10T + 10C

	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

Green = Please arrive at school no earlier than 5 minutes before your appointment time.

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

**Please ensure you arrive in full school uniform
and bring a book to read.**

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

A colorful poster for the Junior Bake Off competition. At the top, a string of yellow and white triangular bunting hangs across the width. Below it, the title 'JUNIOR BAKE OFF' is written in large, bold, red capital letters. Underneath the title, the text '...IS LOOKING FOR THE UK'S BEST YOUNG BAKERS AGED 9 - 15' is written in blue capital letters. The website 'WWW.APPLYFORJUNIORBAKEOFF.CO.UK' is displayed in green capital letters. Below the website, the text 'APPLICATIONS CLOSE SUNDAY 28TH MARCH 2021' is written in red capital letters. Further down, the contact information 'Enquiries: applyforjuniorbakeoff@loveproductions.co.uk' is written in blue. To the right of the contact information, there are blue icons of a rolling pin and a whisk. The bottom half of the poster features a stylized illustration of a baking station. On the left is a yellow stand mixer with a white bowl and whisk. In the center is a wooden bowl filled with batter and a wooden spoon. To the right of the bowl is a pink container labeled 'BAKE' containing various baking tools like a whisk and spoons. Further right is a red kitchen scale with a white weighing pan. The background of the illustration shows a light blue sky with a white cloud, a yellow tent, and green trees. A string of yellow and white bunting hangs across the top of the illustration area.

#MakeItCount



Hello everyone! Welcome to this week's edition of *Mrs McHugh's Library News* which is dedicated to celebrating...

International Woman's Day on **Monday 8th March 2021!**

International Women's Day is a global day celebrating the social, economic, cultural and political achievements of women. The day also marks a call to action for accelerating gender parity.

The theme for **2021** is **Choose to Challenge**



A challenged world is an alert world and from challenge comes change.
So let's all choose to challenge.
Celebrate women's achievement. Raise awareness against bias. Take action for equality.

<https://www.internationalwomensday.com/>

#ChooseToChallenge #IWD2021

This day highlights the bias women have had to face and the inequalities they can still be met with on a daily basis. Nevertheless, a **challenged** world is an alert world. Individually, we're all responsible for our own thoughts and actions - all day, every day. So we can **all choose to challenge** and call out gender bias and inequality. We can all **choose** to seek out and celebrate women's achievements. **Collectively, we can all help create an inclusive world.**

From challenge comes change, so let's all **choose to challenge.**

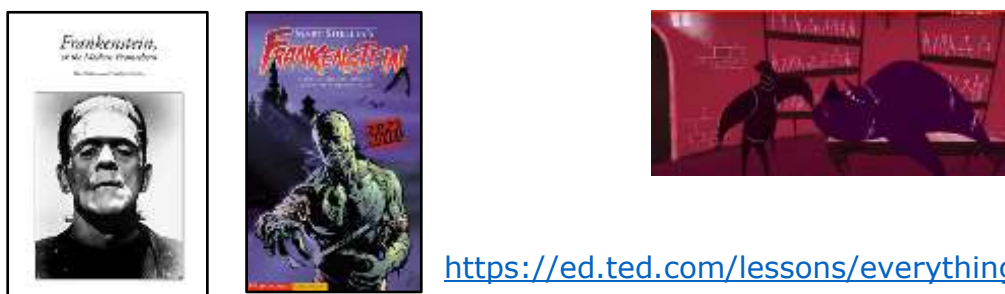


You can **choose to challenge yourselves too!** Read about **inspirational women**, past and present with **myON**. These women have made a positive impact on the world and have challenged gender stereotypes...take inspiration from...



Or read a **Classic Book** written by a truly inspirational woman...**Mary Shelley**.

Challenge yourself to read **Mary Shelley's Frankenstein** in full novel or graphic novel form with **myON**...just **who** was the real monster?



<https://ed.ted.com/lessons/everything-you-need-to-know-to-read-mary-shelley-s-frankenstein-iseult-gillespie>

Challenge yourself to learn these 3 words taken from the novel and use them in your writing!

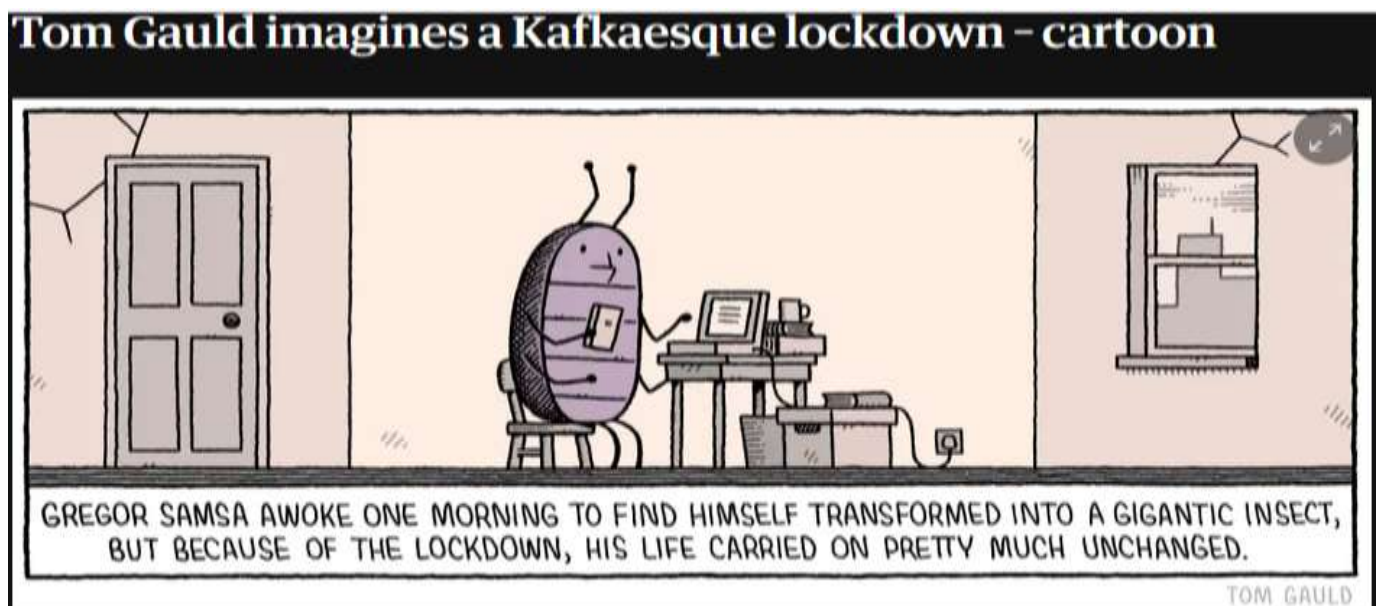
Sedulous, salubrious and pertinacity!

And finally, just a quick reminder from last week's edition of *Mrs McHugh's Library News*!

Read **Metamorphosis** with myON. Use Franz Kafka's **Metamorphosis** as inspiration to **write your own short horror story!** (Maximum 1000 words) about a hideous insect! Or, draw and annotate a loathsome imaginary insect (using lots of descriptive and imaginative vocabulary!) You can take further inspiration to **create your own insect** by reading any of these books with myON!



Entries must be posted to me, Mrs McHugh by **19th March 2021**. All entries will receive achievement points. The winning entries will have their work published in *Mrs McHugh's Library News*, receive a £10 gift voucher and...Chocolate! Take a look at this Kafkaesque cartoon which was published in the Guardian newspaper recently...



Enjoy YOUR reading **Challenge** this week everyone! Happy 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 for you to complete from home. Starting again next week, all Year 8 are invited to join the STEM Club which will be held in C2 every Thursday 3-4pm.

A banner for the Year 8 STEM Club. It features four colored squares: green with a flask and bubbles, orange with an atom, red with a gear, and blue with the Greek letter pi. To the right is the school crest for Ellersdale Park Catholic High School, which includes three gold medals and the motto 'VERITAS ET SAPIENTIA'. Below the squares and crest, the text 'STEM Science, Technology, Engineering, Mathematics' is written. At the bottom, a red box contains the text 'Year 8 Every Thursday 3pm till 4pm in C 2' in white.



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



STEM at EPCHS

5-14 March
British
Science
Week
2021



British Science Week is a ten-day celebration of science, technology, engineering and maths that will take place between 5-14 March 2021!

Poster Competition

- The British Science Association are Artsmark supporters and believe children should have a well-connected and well-rounded school experience by learning science in context. The poster competition can be a great way to do this!
- **Inspiration can come from anywhere – Innovation in technology or health care, or maybe even innovation that is used in STEM careers!**
- **Creativity in approach** – Innovative angle on the content or creative interpretation of the theme
- **Content** – Clear, accurate and informative about a STEM topic
- **Effective communication** – presented and communicated in an engaging way

- **How to enter?** It's super simple...

How to enter? It's super simple...

- Once the masterpiece has been completed, upload it via the [online entry form](#). Remember to include the key information we have asked for above, including first name, age, category, an email address and postcode location.
 - **Complete the short online entry form by 6 pm on Friday 30 April 2021 – unfortunately, we can't accept entries after the closing time. Prizes are listed below**
- | | |
|--|---|
| <ul style="list-style-type: none">• Books about inspirational figures• Primary science lab set• Circuit explorer rocket• GeoSafari vega 360 telescope• GeoSafari motorised solar system• Super magnet lab kit• GeoSafari Jr talking telescope• Nancy B's science club microscope and activity journal | <ul style="list-style-type: none">• GeoSafari Jr talking wildlife camera• Adventure books• Plantlet culture kits• 6-month Okido magazine subscriptions• Giant colouring posters• Special interest books• Student creativity packs |
|--|---|

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...



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



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/3ay935I>

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

UNIFROG UK UNIVERSITY WEBINAR SERIES



Unifrog will continue to host their series of free webinars from 8th - 11th March with 40+ UK Universities to help students to decide where to apply. Each webinar will focus on a different region in the UK. Students can sign up on the Webinars tile of their Unifrog homepage or by following this link www.unifrog.org/webinars

STEM SUMMER WORK EXPERIENCE AT DARESBUARY LABORATORY

A reminder that the **Science and Technology Facilities Council at Daresbury Laboratory** are encouraging applications for their online **STEM** work experience programme. This is for students in **Years 10-12**. It will be for a duration of **one week in either July or August**. The programme meets relevant Gatsby benchmarks. Applications are now live. The **closing date for applications is 15th March**

You can find out more about the programme and apply via this link:

<https://stfc.ukri.org/about-us/work-with-us/work-experience/workexperienced/>

UK UNIVERSITY AND APPRENTICESHIP SEARCH: VIRTUAL FAIR



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.ukuniresearch.vfairs.com

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)
10 th March	Applying to university: advice and top tips for writing and structuring your personal statement	https://zoom.us/webinar/register/WN_JIZEbqqIRkyEOajULsXUaA
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

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))

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...



#TheEPCHSWay
#MakeitCount