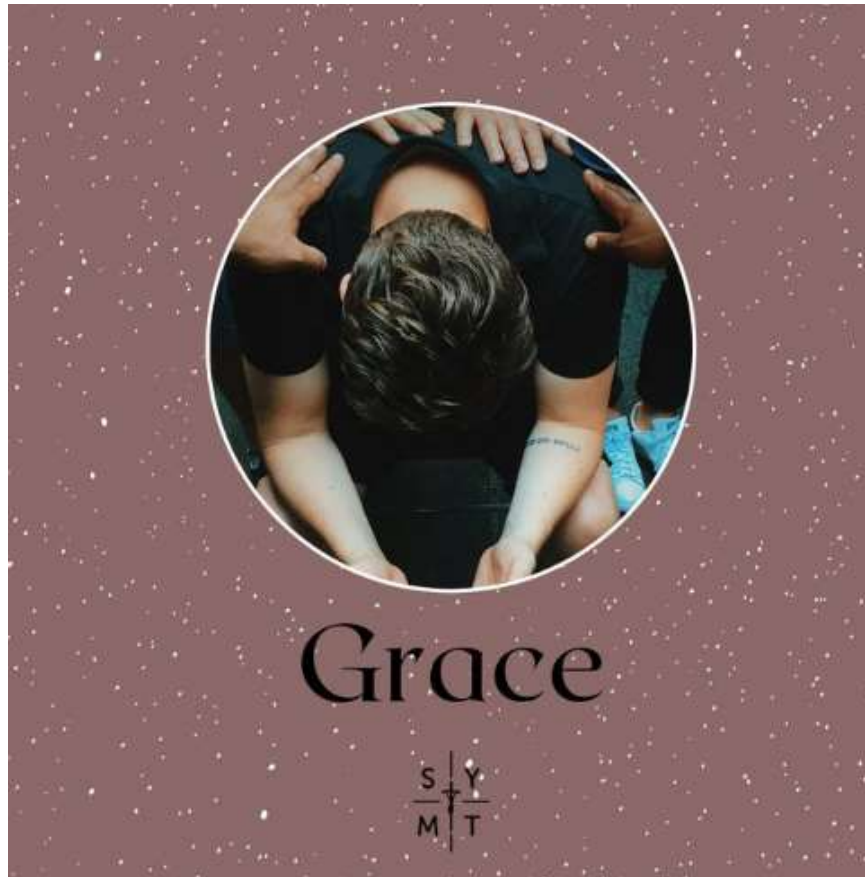# EPCHS Student 'PD' Bulletin #35

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

"What gives me the most hope every day is God's grace; knowing that his grace is going to give me the strength for whatever I face, knowing that nothing is a surprise to God."

Grace

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

CONNECT TALK & LISTEN, BE THERE, FEEL CONNECTED

Give Your time, your words, your presence

TAKE NOTICE REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY

KEEP LEARNING EMBRACE NEW EXPERIENCES. SEE OPPORTUNITIES. SURPRISE YOURSELF

BE ACTIVE 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

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

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

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

4. 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

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

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

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

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

Mrs McHugh's Library News

Did you know, your ability to '**read for pleasure**' is the single biggest indicator of your future success? The fundamental role reading plays in terms of well-being, educational attainment and improving life's chances is second to no other factor. Reading for pleasure is the key to future success.

To support a love of reading students across all year groups can read for FREE with **myON**. Students can also borrow books from the school library too. We have a wide selection of fiction and non-fiction available so please make sure you visit.

Congratulations to our **STAR Readers this week!**

The following students have read and successfully quizzed on a book or books this week. The number in brackets represents the number of words students have read this week…**some incredible word counts**!

Sophie D (184,976 words)

Mateusz B (178,295 words)

Imogen C-B (160,526 words)

Dannielle J (99,750 words)

Isabelle L (89,457 words)

Logan W (80243 words)

Nathaniel W (67,123 words)

Sofia P (30,285 words)

Francesca S (21,247 words)

Reuben K (20,165 words)

Matas Z (5,831)

Micheal R (5,278 words)

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.

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

VERITAS ET SAPIENTIA

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

SAM Learning

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

Our **Centre ID**: CH65EP

Your **Username**: ddmmyyii
(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: ddmmyyii
(your date of birth and initials)

Password: ddmmyyii
(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…

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)](whatcareerlive.co.uk)

YOUTHFED WORKSHOPS

YouthFed are running some **FREE** workshops for young people aged 17-19. As follows:

Accredited first aid in the workplace:

Tuesday 23rd March and Wednesday 24th March 4:00pm – 5:30pm. Students need to attend both sessions.

Access to employability:

Thursday 18th March 4:00 – 5:00pm
Thursday 25th March 4:00 – 5:00pm
Thursday 1st April 4:00 – 5:00pm
Thursday 8th April 4:00 – 5:00pm

This is a 4-week course offering guidance on employability skills, CV's, transferable skills and more.

To access this training students will need to use the following link to register their interest:

https://forms.office.com/Pages/ResponsePage.aspx?id=S9yt5Ou1lEWrWPO81RWpikCdKak9hh9GtKk-b8U8Q_NUOUUyWUVSOFBBRDI0Tkk1NDlDWEpIQUE0US4u

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 Kind One Choice at a Time

#TheEPCHSWay
#MakeItCount