



# EPCHS Student 'PD' Bulletin #40

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

A prayer from Pope Francis for World Communications Day yesterday...

Lord, **teach** us to  
move beyond  
ourselves,

and to set out in  
search of **truth**.

Teach us to **go out**  
and see,

teach us to listen,

not to entertain  
**prejudices** or draw  
hasty conclusions.



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](http://www.facebook.com/EllesmerePortCatholicHighSchool)



@EPCH\_School

## EPOCHS Classroom Expectations

1. Use and abide by our 5R's

**Responsibility, Respect, Readiness,  
Resilience and Rights**

2. Planner and equipment - planner on the desk at the start of the lesson, *you must have your own equipment*

3. No coats on inside the building

4. Uniform check- skirts, blazers, hair and shoes

5. Homework is written into your planner

6. Stand behind chairs ready to leave the lesson



## Year 8 STEM Club is on every Tuesday...

STEM Club is every Tuesday with Mr Hickman in C2, 3-4pm. Don't miss out on this great opportunity!



## A message from the Physical Education Department...

Now that we have started our summer curriculum, here is a reminder of the **school PE uniform**.

- White round neck t-shirt or white polo shirt
- Red with black strip rugby shirt
- Black shorts
- Long black socks for outdoor sports
- Black or white sports socks for indoor sports
- Trainers (non-marking)
- Optional – Plain navy micro fleece with school badge, plain navy or black tracksuit bottoms or sports leggings

**You will still need to come to school wearing your school blazer over your PE kit on the days when you have practical PE lessons.**



We are supporting Cheshire Police and #OperationSceptre



Please watch to understand the life changing dangers of knife crime >>> [https://youtu.be/ M029qDzT6U](https://youtu.be/M029qDzT6U)

The next [#IndustryInsight](#) event with The Pledge is this Wednesday and is all about !

Find out more, to register and find out more click the link >>>

<https://candwgrowthhub.co.uk/industry-insights/>



# 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.



## 5 TIPS TO SUPPORT SOMEONE



**1. LISTEN**  
Be open and responsive, but don't feel like you have to have all the answers. Often just spending time with them will let them know you care and can help you to understand what they're going through.



**2. RESEARCH**  
There are a lot of myths about mental health. Using reliable information resources like our charity partner websites might help you understand and be more confident when you're offering support.



**3. ASK HOW YOU CAN HELP**  
There could be simple, practical things you can do to help them feel better, like giving them a call or inviting them out for activities you enjoy together.



**4. HELP GET SUPPORT**  
If someone's struggles are seriously interfering with their everyday life, encourage them to see a professional. If you feel comfortable, offer to go with them.



**5. TAKE CARE OF YOURSELF**  
Supporting someone who is struggling can be difficult. It's very important to put your own wellbeing first. Keep up with your usual routine, and make time for other relationships and hobbies.




**#HEADSTOGETHER**  
[www.headstogether.org.uk](http://www.headstogether.org.uk)



**Talk and listen.**  
Be there for people.  
Feel connected, listening carefully.

Good relationships with people are important for your mental wellbeing. They give you chance to share positives and provide support when it's needed.



**Move your mood.**  
Find active things that you enjoy.  
Enjoy the endorphins.

Being active is not only great for your physical health, but improves mental wellbeing too. It raises self-esteem as well as releasing hormones which improve your mood.



**Remember the simple things that make you smile.**  
Pay attention to the present moment.

Listen to your thoughts and feelings and be aware of the world around you. This can help you to approach situations more positively in life.



**Embrace new experiences.**  
Seek opportunities.  
Find out new information.

Learning new skills boosts wellbeing by building self-confidence and self-esteem. This can include things such as cooking something new at home or trying a new hobby.



**Give your time.**  
Give your words.  
Give your presence.  
Acts of kindness.

Giving and acts of kindness support mental wellbeing by creating positive feelings and purpose. Giving also helps you connect to others too.

Thought for the week...

# SUCCESS

Will Never Lower Its  
Standard To Accommodate Us,  
We Have To Raise  
Our Standard To Achieve It.



#TheEPCHSWay  
#MakeItCount

**Ellesmere Port RUFC**

We are looking for new players to join our growing Junior and Mini squads

Boys and Girls aged 8 to 14 welcome  
Come and join us at training  
Wednesday Evenings 6:30 to 7:30  
At the Whitby Sports Club  
Ellesmere Port

Find us on Facebook or Pitchero for more information

RFU  
Cheshire RFU  
Pitchero  
f  
TEAMWORK  
RESPECT  
ENJOYMENT  
DISCIPLINE  
SPORTSMANSHIP

## **SIXTH FORM INFORMATION, GUIDANCE AND ADVICE**

### **UK UNIVERSITY AND APPRENTICESHIP SEARCH VIRTUAL FAIR- WEDNESDAY 16th JUNE**

**UK University and Apprenticeship Search** are holding a **free Virtual Fair** on **Wednesday 16th June, 12pm to 6pm**. A wide range of **Universities, Colleges and Apprenticeship providers** will be taking part. You can explore virtual exhibition stands; have live chats with Admissions Officers, Student Ambassadors, academics and recruitment teams; view virtual campus tours, prospectuses and information and take part in 10 live interactive webinars in the auditorium. For more information or to register go to <https://ukunisearchnorth.vfairs.com/>

### **UNIFROG: EXPLORE BUSINESS WITH THE UNIVERSITY OF LAW: MONDAY 17th May @5PM**

This talk will introduce you to career paths across Business and the skills required. It includes a practical taster session around Talent Management and Leadership as well as a Q&A with a Business professional. To register, go to <https://www.unifrog.org/student/webinars>

### **UNIFROG: LIVERPOOL UNIVERSITIES WEBINAR: TUESDAY 18TH MAY @6PM**

Join the five Liverpool area based Universities for this talk celebrating studying in the city. Hear from staff and students about student life and the different opportunities Liverpool has to offer. To register, go to <https://www.unifrog.org/student/webinars>

### **NEWCASTLE UNIVERSITY - VIRTUAL OPEN DAYS – 16TH AND 19TH June**

Newcastle University are holding two virtual open days on **Wed 16th June, 4pm-7pm** and **Saturday 19th June, 10am-1pm**. During the open days, you will be able to join **live Q&A sessions; chat online with academics and current students**; enjoy a **live tour of the campus**; find out more about student services such as **accommodation, health and well-being and student finance**; speak to the Admissions Team and find out if you may be **eligible for a lower entry offer**; download videos and materials to view after the event. To register go to <https://www.ncl.ac.uk/study/meet/virtual-open-day/>

### **UNIFROG: RESULTS DAY AND CLEARING: 'KNOW-HOW' GUIDES**

Unifrog have collaborated with a group of UK Universities to create 7 'Know-how' library guides to help navigate you through Results Day and Clearing. To access them go to <https://www.unifrog.org/student/know-how/results-day-and-clearing>

### **UCAS DISCOVERY DAYS – ON DEMAND UNTIL 4<sup>th</sup> JUNE**

Although the live events have now happened, the **UCAS/DISCOVERY** days are on-demand until 4 June. You can still sign up to watch seminars on student essentials, including subject-specific sessions, applying to university and student finance; pick up prospectuses and check out over 100 UK universities; get inspiration and explore different career opportunities; understand if an apprenticeship is right for you and contact course experts. To register go to <https://www.ucas.com/events/demand-until-4-june-ucasdiscovery-388981>

### **THE PLEDGE – ADULT SOCIAL CARE CAREERS INSIGHT DAY - 19<sup>th</sup> MAY**

A reminder that on **Wednesday 19<sup>th</sup> May**, The Pledge are hosting an **Adult Social Care Careers Insight Day**. You can book onto this event at <https://adultsocialcareinsightday.eventbrite.co.uk>

### **INVESTIN STEM AND MEDICINE SUMMER INTERNSHIPS**

**A reminder that InvestIN** are holding a series of **virtual and face-to-face STEM and Medicine internships** this summer. There is no application process: there is however a cost to take part. With the face-to-face internships you will also have to factor in the cost of accommodation and travel as they are taking place in London. **Bursaries are available for those students that meet certain criteria**. For more information, go to <https://investin.org/collections/stem-summer-internships-ages-15-18>

Would you know what to do if you found someone unresponsive and not breathing normally?

This simple guide could help save the life of an adult one day, push to start...

## What to do if someone is unresponsive and not breathing normally

### 1. Call 999/112 for emergency help

- > Ask if an AED is nearby



### 2. Lay a piece of towel or clothing over the casualty's nose and mouth



### 3. Pump

- > 30 chest compressions at a rate of 100-120 per minute
- > Do not give rescue breaths
- > Continue to pump until help arrives.



Make sure you always have life saving knowledge at your fingertips. Download our free first aid app from your app store today.

[sja.org.uk](http://sja.org.uk)

St John  
Ambulance 

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# 10 WAYS TO BUILD PHYSICAL AND MENTAL RESILIENCE



Understand what you need to be resilient for – what demands are placed on you in the environment you have to perform in?



Start practising your resilience building habits and be curious about how long you can keep them going for



Make sure you've got rest and recovery periods built into your resilience plan, so you can recharge mentally and physically along the way



Get into the mindset that resilience can be built



Keep an open mind – you're building resilience for keeping going when things are going well or not so well. Resilience isn't just about bouncing back from bad!



Keep updating your resilience record. Where has your resilience paid off?



Look back over the last 12 months and work out what made your resilience rise and fall. Pay particular attention to the resilience builders



Get other people involved. Building resilience with other people and having them help you stick with your habit is always important



Keep running your resilience recipe through the steps so it stays relevant and ever more effective



From knowing what things build your resilience both mentally and physically, get a plan of resilience building habits into your diary



@BELIEVEPHQ

BELIEVEPERFORM

North West Panthers



## Love Netball?

Come and join our club!



North West Panthers are looking for New Players for their U12, U13, U15 & U16 squads

### Who are we?

We are a friendly, welcoming and competitive club based in Chester. We are proud to have Severn Stars Head Coach *Melissa Bessell* as our President and Head Coach of our grassroots Netball club



### Where and when?

Training sessions:  
U12s and U13s: County Offices Chester – Thursdays 5-6:30pm  
U15 and U16s: County Offices Chester – Thursdays 6:30-8pm



**Interested?**  
Get in touch!

Email: [info@nwpanthersnetball.com](mailto:info@nwpanthersnetball.com)  
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