

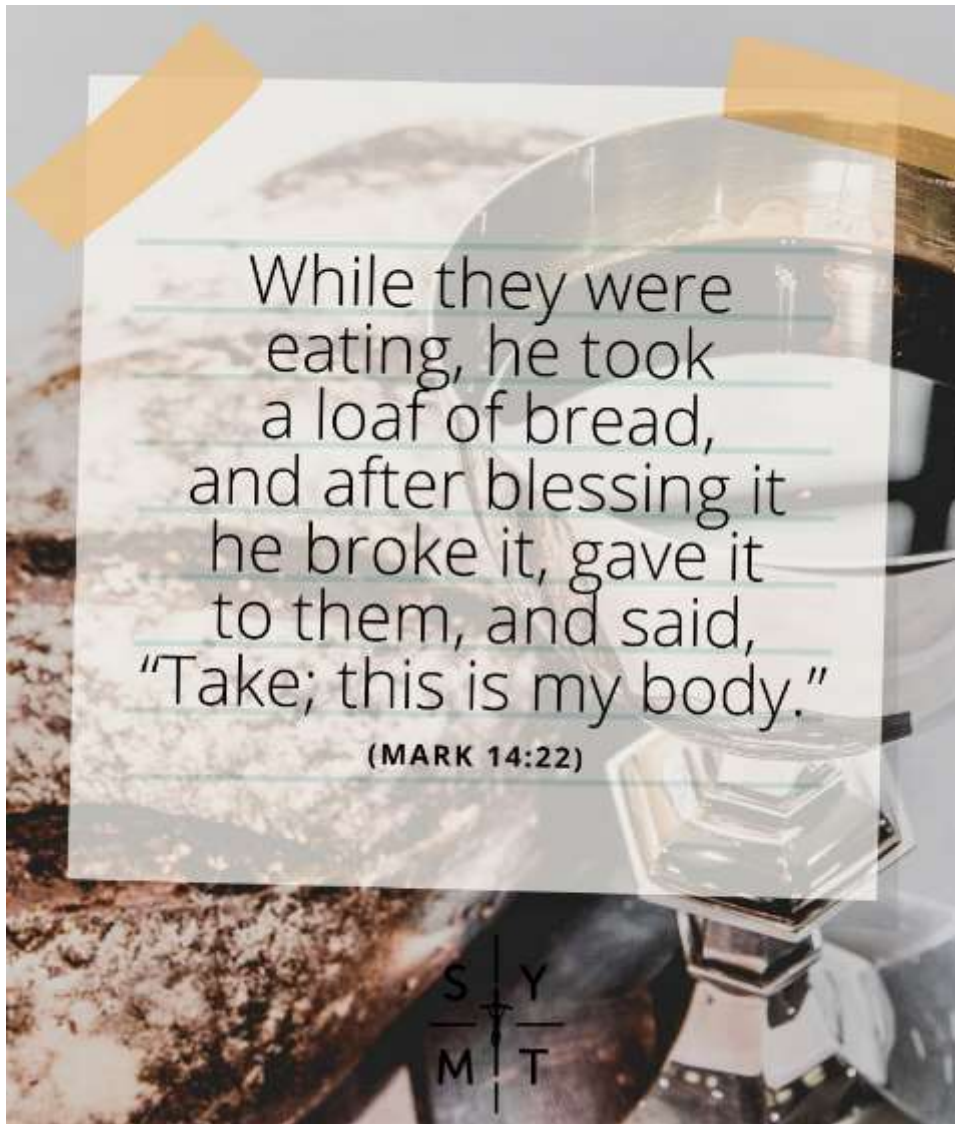


# EPCHS Student 'PD' Bulletin #42

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

Yesterday we celebrated the great feast of Corpus Christi. We take time to reflect on the gift of Jesus' body and blood in the Eucharist. Thank you Jesus for giving us the gift of Yourself.

May we share in the power of Jesus' Cross and Resurrection by celebrating the Eucharist.



Do you follow the school social media platforms? If not, follow today and keep up to date with everything school related and more...



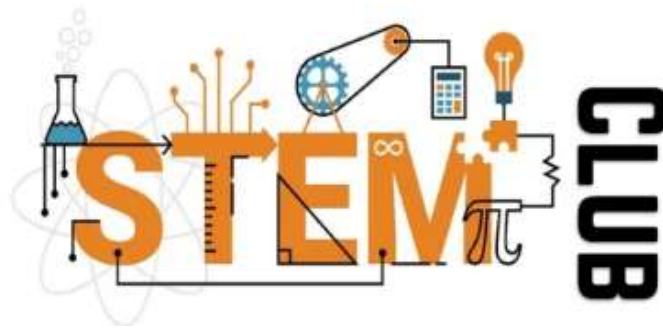
[www.facebook.com/EllesmerePortCatholicHighSchool](http://www.facebook.com/EllesmerePortCatholicHighSchool)



@EPCH\_School

## 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.

At EPCHS we are :

Ready

Respectful

Safe



"Great things happen when you care"

## A message for Year 11...

### Year 11 into Year 12 next step transition programme

At Ellesmere Port Catholic High School we want to ensure that all students are supported and ready for your next steps whether that be in education, employment or training. **As a result, all departments will be posting independent, online learning resources the week beginning Monday 7<sup>th</sup> June until July 2<sup>nd</sup>.**

Information regarding these tasks can be found on each of the Teams pages for your individual subject areas.

In addition, for those wanting to join our successful 6<sup>th</sup> form we have put together a transition programme that is designed to help you make a strong start to your A-Level studies. The step-up from Key Stage 4 to Key Stage 5 study can be a challenging one, however, we provide you with a dedicated Year 12 transition programme so that your Year 12 journey is supported both academically and pastorally. **In the weeks beginning 21<sup>st</sup> June and 28<sup>th</sup> June each department area will be delivering live lessons on Zoom to help you lay the foundations for study and enable you to demonstrate commitment to learning.** Please find the timetable of lessons below and the zoom links to access the sessions will also be posted on the school's website and on Teams.

Please be aware that a future Year 12 group have now been set up on Teams. Here we will be uploading the latest news and information that is relevant and alongside the live lessons there will be folders containing transition work for you to complete for your subject areas which staff will post after the May half term break. Students can also contact the 6<sup>th</sup> form team via this forum if they have any questions over the coming weeks.

We wish you every success this summer and look forward to you joining our 6<sup>th</sup> form community.

### 6<sup>th</sup> Form - Transition live lesson timetable

	<b>Monday 21.6.21</b>	<b>Tuesday 22.6.21</b>	<b>Wednesday 23.6.21</b>	<b>Thursday 24.6.21</b>	<b>Friday 25.6.21</b>
<b>Period 1 9-10am</b>		English Literature	Sociology		
<b>Period 2 10-11am</b>	Business Studies	English Language		Chemistry (EBR)	
<b>Period 3 11.15- 12.15pm</b>	Geography	Computer Science	Physics (THI)	Psychology	Maths
<b>Period 4 1-2pm</b>	Health and Social Care	Theology	Health and Social Care	History (LHE)	Art
<b>Period 5 2-3pm</b>		Biology			PE

	<b>Monday 28.6.21</b>	<b>Tuesday 29.6.21</b>	<b>Wednesday 30.6.21</b>	<b>Thursday 1.7.21</b>	<b>Friday 2.7.21</b>
<b>Period 1 9-10am</b>				English Literature	Psychology
<b>Period 2 10-11am</b>	Computer Science				
<b>Period 3 11.15- 12.15pm</b>	Business Studies	Chemistry (LFO)	Maths	English Language	Maths
<b>Period 4 1-2pm</b>	Sociology	Theology	Art	Geography	
<b>Period 5 2-3pm</b>	Physics (DWO)	Biology	History (LOA)		PE

**ZOOM LINKS FOR ALL THE SESSIONS WILL BE POSTED ON THE 'FUTURE YEAR 12' MICROSOFT TEAM AND ON THE SCHOOL'S WEBSITE.**

**Students should attend all the sessions for the subjects they have chosen.**

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

#### **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>

#### **BANGOR UNIVERSITY – VIRTUAL OPEN DAYS – 26<sup>th</sup> JUNE AND 10<sup>th</sup> JULY**

This will be a great way to get to know more about Bangor University. There will be videos and presentations to watch; 360 tours of the campus and accommodation and a live opportunity to talk to lecturers and other staff during the live chat session. To register, go to <https://www.bangor.ac.uk/openday>  
In addition, their 'Virtual Experience' is available to view at any time. Go to <https://www.bangor.ac.uk/virtual-experience/>

## **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/>

## **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/>

## **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 but you only have until 6<sup>th</sup> June to register. 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>

# **EPCHS AFTER SCHOOL CLUBS**

## **MONDAY-**

Basketball- Year 10



## **TUESDAY-**

Girls Netball- Year 7  
Boys Dodgeball- Year 10  
Basketball- Year 11

## **WEDNESDAY-**

Boys Football- Year 7  
Girls Netball- Year 8  
Rounders- Year 9  
Basketball- Year 9



## **THURSDAY-**

Girls Football- Year 7  
Basketball- Year 8

## **FRIDAY-**

Basketball- Year 7



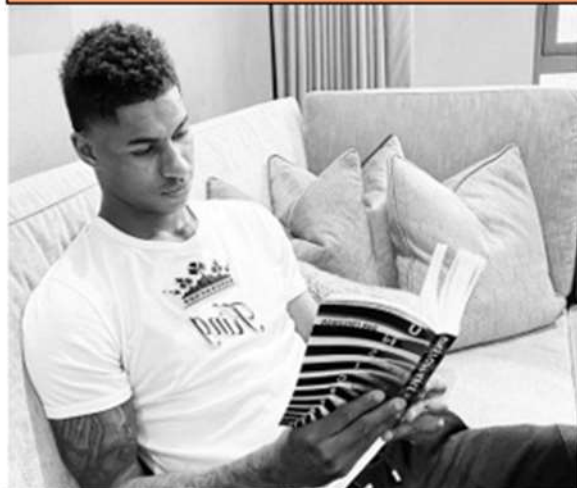


## Mrs McHugh's Library News 28 May '21



Hello everyone and welcome to the last edition of Mrs McHugh's Library News before half term!

**Fun Fact: Marcus Rashford didn't start enjoying reading until he was 17 years old!**



**Marcus Rashford Recommends:**  
*Relentless* by Tim Grover

**About the author:** Tim Grover is a personal trainer who has worked with some of the world's greatest athletes, including Kobe Bryant and Michael Jordan.

**About the book:** *Relentless* is a self-help book and *teaches you how to maximise your potential*. Its subtitle is 'From Good to Great to Unstoppable.'

**You can borrow *Relentless* from EPCHS school library.**

**Marcus Rashford wants to be unstoppable in all walks of life, not just football – and we want EPCHS students to be this way too!**

Quotes from *Relentless* to inspire you in school...

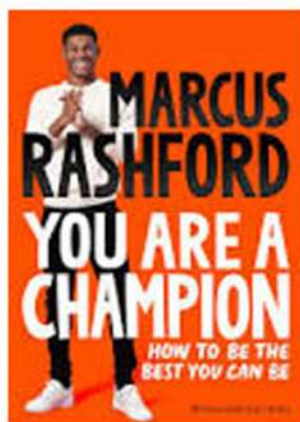


**"Do. The. Work. Every day, you have to do something you don't want to do. Every day. Challenge yourself to be uncomfortable, push past the apathy and laziness and fear."**

**"In anything you do, it takes no talent to work hard. You just have to want to do it."**



EPCHS has won a free ticket to an exclusive Marcus Rashford interview and a free copy of his new book, **YOU ARE A CHAMPION!** The book will be available to loan after half term.

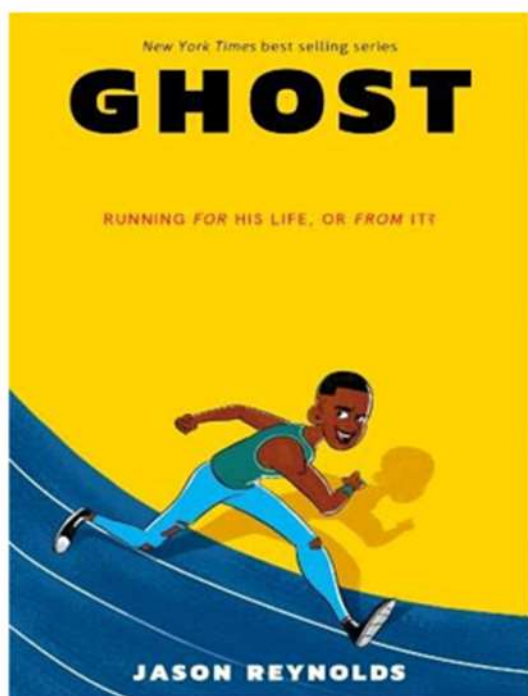


Tear up the rule book. Find your own lane. You are only in competition with yourself.

Marcus Rashford MBE is recognised worldwide for his journey both on-and-off the pitch – but how did a boy from south Manchester become not only an International footballer but also one of the leading activist voices in the UK?



Hopefully **you** will be inspired by Marcus and **his relentless ambition and desire to always do his best**. Why not come to the library and choose a book to help you fulfil your potential? My recommendation for this week is *Ghost* by Jason Reynolds.



**Fun Fact:** *Ghost* was in the top 100 books in America for *The Great American Read* in 2018.

**About the book:** Running. That's all Ghost has ever known. But Ghost has been running for the wrong reasons – until he meets Coach, an ex-Olympic Medallist who sees something in Ghost: crazy natural talent. Can Ghost harness his raw talent for speed, or will his past finally catch up to him?

**About the author:** Just like Marcus Rashford, Jason Reynolds didn't read his first book cover-to-cover until he was seventeen years old! But in January 2020 he was named the Library of Congress' National Ambassador for Young People's Literature!

**Check out this YouTube video of Jason Reynolds reading from the first chapter of *Ghost*:**

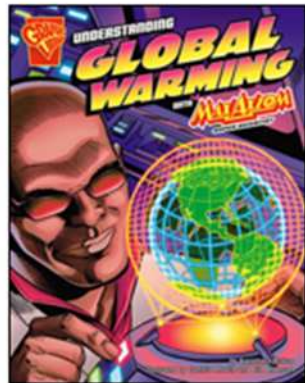
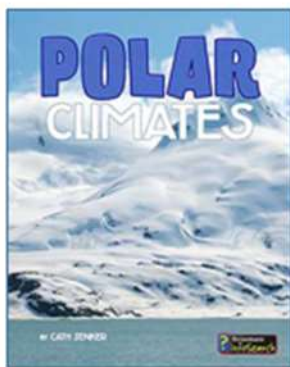
<https://www.youtube.com/watch?v=zzCBbaRkpr8>

We have had another busy week in the library and it has been wonderful to see students reading my book recommendations! Watch out for student book reviews in next week's edition of *Mrs McHugh's Library News*! Why not write a review yourself and **let your friends know the reasons why you would recommend your latest read to them!**

Each week we will be mentioning a new feature in *Mrs McHugh's Library News*: **Lewis's Amazing Fact.** Lewis is a year 7 student who has been reading extensively with myON. Here's Lewis's fascinating fact for this week:

***Glaciers and ice caps hold up to 70% of earth's freshwater!***

You can read about glaciers too with myON – why not read these books!



A **huge thank you** goes out from me to **Joanna and Julia** in year 8 who have volunteered in the library this term! They are wonderful library ambassadors!





# “Great things happen when you care”

Psalm 21: He asked for life and you gave it to him



# 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

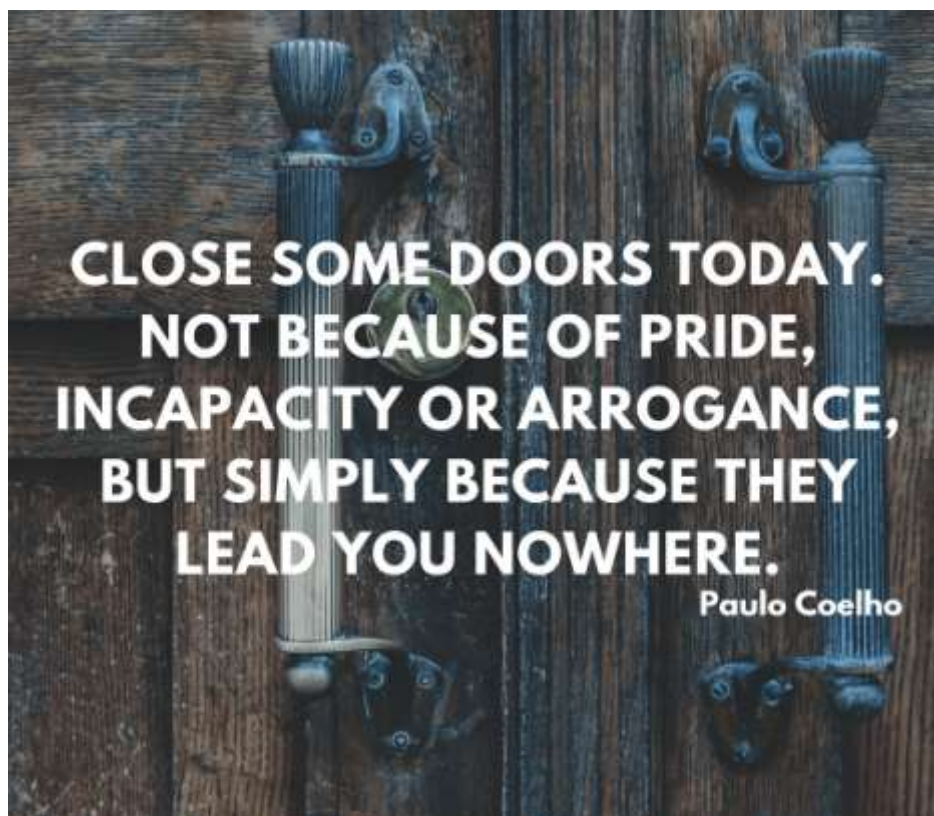
Supporting someone who is struggling can be difficult. It's very important to put your own wellbeing first. Keep up with your usual routine, and make time for other relationships and hobbies.

**YOUNGMINDS**  
The national charity for young people's mental health problems



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

Thought for the week...



**#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

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 

© St John Ambulance 2015. All rights reserved. 0118 986 1000. Registered in England 1049411

# 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)

Follow us on Facebook

Do you play for a team or a member of a club outside of school?

Want to advertise in our student bulletin? Send your details and information to Mr Hughes



## Love Drama? Then check out ATT!

Action Transport Theatre are again running their Drop-In is running again this Wednesday in Ellesmere Port. To find out more & get your young person signed-up for FREE at... <http://actiontransporttheatre.org>

