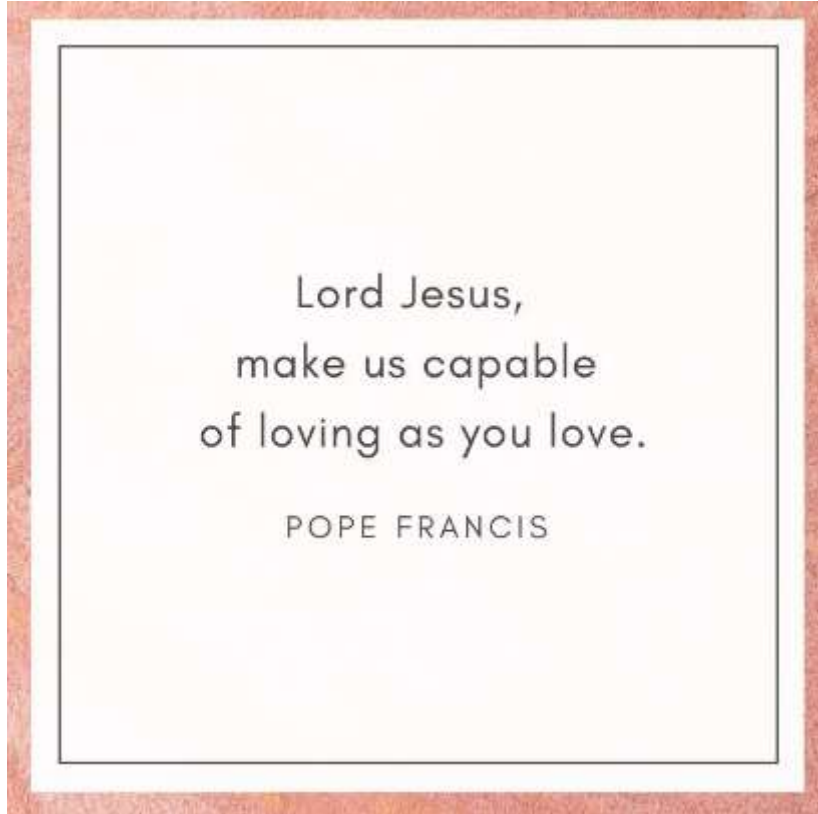




EPCHS Student 'PD' Bulletin #43

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

Here is a Pope Francis Quote for you to think about in your prayers this week...



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

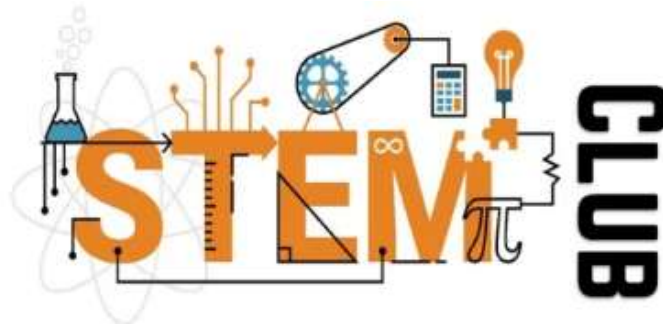


@EPCH_School



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"

SIXTH FORM INFORMATION, GUIDANCE AND ADVICE

UNIFROG – FREE WEBINARS IN JUNE

For those Y12s considering University after school, Unifrog are hosting a series of **free webinars** this month which may be of interest to you. Please see the schedule below. For more information and to register for these webinars, please go to www.unifrog.org/student/webinars

WEBINAR	DATE	TIME
Explore Law with The University of Law	14 th June	5.30pm
Managing your time	15 th June	4.30pm
Finalising your decisions (about where to study)	21 st June	5.00pm
Applying to the Arts (Art and Design)	21 st June	6.00pm
Personal Statement writing	22 nd June	5.00pm
Applying to Oxbridge	22 nd June	6.00pm
Applying to Medicine	23 rd June	5.00pm
Applying to selective universities	23 rd June	6.00pm
Applying to Law	24 th June	5.00pm
Applying to Engineering	24 th June	6.00pm

MEDICAL PROJECTS – WARD ROUND LIVE – MEDICAL WORK EXPERIENCE - 15th JULY – 10am-4.30pm

‘Ward Round Live’ is a virtual work experience day where, with the use of live streaming in a simulated hospital ward, you will be able to speak to patients, learn from NHS Doctors and experience a wide range of medical cases. Please note there is a cost to take part in this work experience day. For more information please go to www.educationprojects.co.uk/medical-projects/ward-round-live/

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/>

'STARTING WELL' DROP IN SESSIONS: SUPPORT WITH PHYSICAL AND EMOTIONAL HEALTH

'Starting Well' offer confidential care and support for young people aged between 11-19, in relation to anything that might be worrying them regarding any aspect of their physical and emotional health. For more information about their drop in sessions, please go to <https://www.startingwell.org.uk/topics/support-and-advice/drop-in-sessions/>

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/>

BANGOR UNIVERSITY – VIRTUAL OPEN DAYS – 26th JUNE AND 10th 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/>

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 Y13s through Results Day and Clearing. To access them go to

<https://www.unifrog.org/student/know-how/results-day-and-clearing>

EPCHS AFTER SCHOOL CLUBS

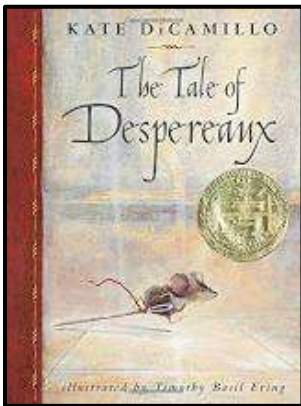
	<u>MONDAY-</u>	Basketball- Year 10	
	<u>TUESDAY-</u>	Girls Netball- Year 7 Boys Dodgeball- Year 10 Basketball- Year 11	
	<u>WEDNESDAY-</u>	Boys Football- Year 7 Girls Netball- Year 8 Rounders- Year 9 Basketball- Year 9	
	<u>THURSDAY-</u>	Girls Football- Year 7 Basketball- Year 8	
	<u>FRIDAY-</u>	Basketball- Year 7	

Mrs McHugh's Library News 11 June 2021

Welcome back after half-term! I hope you've enjoyed finding some time to read and lose yourself in a book over the holiday!

This week I am pleased to announce we have our first student book reviews! Students who have recently finished reading a book of their choice will have their recommendations published in *Mrs McHugh's Library News*.

Chloe in Year 7 recently finished reading Kate DiCamillo's novel, **The Tale of Despereaux** and here's why she thinks **you** should read it too!

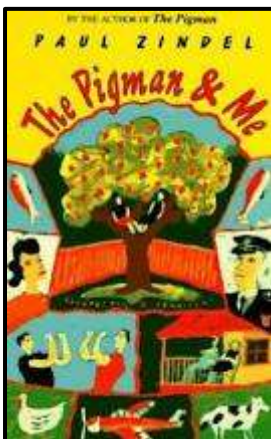


I think the Tale of Despereaux is absolutely wonderful as it is so heart-warming and I loved it so much! Kate DiCamillo is one of the best authors out there! She should be so proud of what she has produced. She is so funny but at times, her books can be very upsetting which makes me feel like I am actually in the book which I love! I love that Despereaux is different from the rest of the other mice too because he was born with his eyes open, has large ears and loves music and other mice don't! I think Kate DiCamillo did a fantastic job - she is now my favourite author! Thank you Kate DiCamillo for creating such a wonderful book!

Chloe

And Chloe ***is not the only one*** who really rates Kate DiCamillo books! **The Times Children's Book of the Week** says "Kate DiCamillo deserves to have a shelf space in homes everywhere." I strongly urge you to read one of her books! Her writing is a masterclass on addictive page turning!

Kaysi in Year 7 read a book recommended by Mrs Williams over half term the holiday. Let's take a look at why they think **you** should read **The Pigman and Me!**

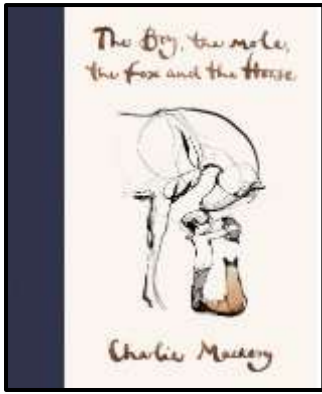


I think the novel The Pigman and Me is a great book. If I had to rate it on a scale of one to five, I would give it a 4.5 because it is an autobiography (his life story) and I don't normally read autobiographies. However, I do like to learn about different people and their lives as well as the adventures they have experienced.

Kaysi

I found Paul Zindel's book neglected on the bottom shelf in the Library (few students look for authors in the Z section!) I didn't feel that his Memoir got the recognition it deserved! The name 'Pigman' intrigued me together with the covering sleeve and so I decided to give it a read. I thoroughly enjoyed reading this book about Zindel's formative years in America during the 1940's and how they shaped his future life. Everybody has a "Pigman" in their life ... you may already have met yours! The themes in this book still resonate today and his book teaches us about resilience, determination, ambition and to always follow your dream!

Mrs Williams

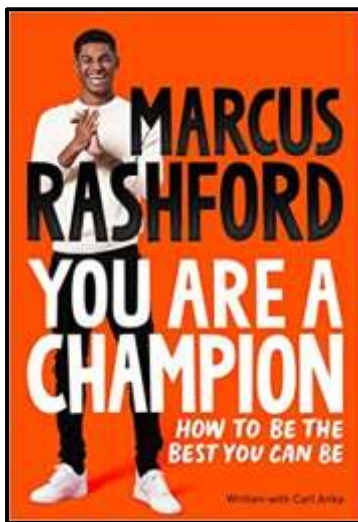


I believe this book is incredibly important to read at least once in your life. Everybody will have a different perspective of this book - every time you read it. It teaches you how to be kind not to just others but yourself also, and that there is nothing wrong with asking for help. My personal favourite quote is "do you have any other advice?" Asked the boy. 'Don't measure how valuable you are by the way you are treated' said the horse."
Harry, Year 12



And this is my favourite quote because everybody is important and you just have to be the best person you can be!

Mrs McHugh



And finally...it has been wonderful to see students coming to the library to borrow Marcus Rashford's new book this week. Why not come to the library and pick up a copy? It is a brilliant and inspiring read! **We have some Marcus Rashford bookmarks to give away too!**

For me, learning how to believe in myself came when I started reading books: it showed me how to explore the possibilities within myself. When I was younger, I had a dream of playing football for England, but I wasn't quite sure how to get there. Books helped me to figure out how to dream big, how to chase my dream, and how practice every single day. I'd like to pass that on to you with this book.

Marcus Rashford



Top Readers this week



Mateusz B - 137,395, Beth H - 124,153, Kaysi F - 113,481, Holly W-H - 104,527, Ellis T-S - 91,844, Olivia P - 52,688, Brianna H 32,799 Rosie P - 30,285, Jessica M - 19,401, Ruby-Jane S - 8,514, Ewan G - 6,135, Flourish U - 5,331.

Happy reading to students, parents and staff alike!



“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

Thought for the week...

BE KIND
BE BRAVE
BE HONEST
BE CREATIVE
BE HUMBLE
BE THANKFUL
BE HAPPY
BE YOU



#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

St John
Ambulance 

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

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>

