



# EPCHS Student 'PD' Bulletin #44

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

'Heaven on Earth is wherever people are filled with love for God, for others and for themselves.'

*St Hildegard of Bingen*



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



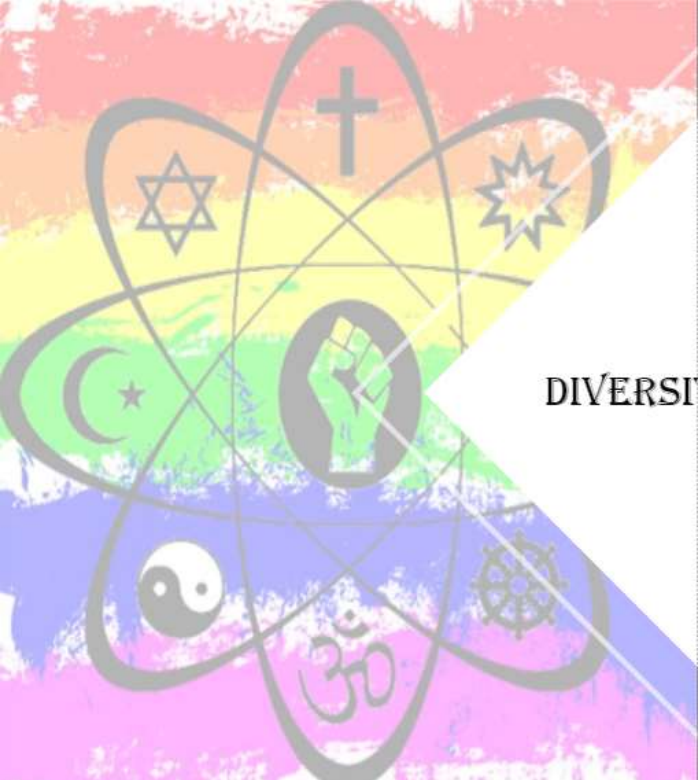
[www.facebook.com/EllesmerePortCatholicHighSchool](http://www.facebook.com/EllesmerePortCatholicHighSchool)



@EPCH\_School

## Our school Equality and Diversity Club are meeting...

This Tuesday, June 22<sup>nd</sup>, socially distanced in the hall at 3.15pm. The club is open to all and all are welcome

A graphic for the Diversity Club. It features a large, stylized atom symbol with a central nucleus and three elliptical orbits. The background is a rainbow gradient. Various religious and cultural symbols are placed within the orbits: a cross, a Star of David, a crescent moon with a star, a yin-yang symbol, a 30 (Om symbol), and a gear. A central white arrow points to the right, containing the text "DIVERSITY CLUB".

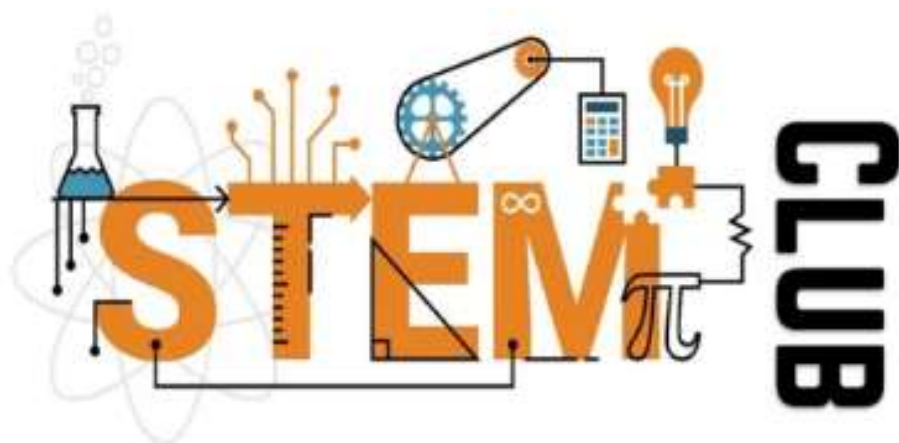
What do we discuss?

- Race and Culture
- Disability Awareness
- Prejudice and Discrimination
- LGBTQ+ and Gender Equality
- Political Diversity

How to get involved:  
Ask Mr Patel to be added to the teams group for updates about dates. There is a meeting on Tuesday 22<sup>nd</sup> of June at 3.15 in the hall. All are welcome!

## 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!



Our STEM club is currently working on an exciting project with a Scientist from Holland and another school. They are currently investigating food growth for a life on Mars, a very limiting factor in terms of survival but also the creation of an atmosphere. For further information, please contact Mr Hickman via TEAMS.

## 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”

### School Field at lunch time...

A huge thank you to everyone who was on the field last week. Following the assembly powerpoints which explained the new rules whilst on the field you have all been amazing.

There is next to no litter, footballs are handed in on the blow of the whistle and you are self-moderating your language. This is great to see and long may it continue.

#MAKEITCOUNT



## SIXTH FORM INFORMATION, GUIDANCE AND ADVICE

### UCAS/DISCOVERY WEEK: 22<sup>nd</sup> – 26<sup>th</sup> JUNE

UCAS are holding their 'Discovery Week' with live events and information about university, apprenticeships and careers. There will be over 100 universities, colleges and employers taking part. The itinerary will include:

- Live application clinics and personal statement workshops
- Course taster sessions and virtual tours
- University 'life' stories and student Q&As
- Apprentices talking about 'apprenticeships'
- Careers of the future
- Student finance made easy
- Student accommodation.

For more information and to register, go <https://www.ucas.com/events/ucasdiscovery-week-393976>

### 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](http://www.unifrog.org/student/webinars)

WEBINAR	DATE	TIME
Finalising your decisions (about where to study)	21 <sup>st</sup> June	5.00pm
Applying to the Arts (Art and Design)	21 <sup>st</sup> June	6.00pm
Personal Statement writing	22 <sup>nd</sup> June	5.00pm
Applying to Oxbridge	22 <sup>nd</sup> June	6.00pm
Applying to Medicine	23 <sup>rd</sup> June	5.00pm
Applying to selective universities	23 <sup>rd</sup> June	6.00pm
Applying to Law	24 <sup>th</sup> June	5.00pm
Applying to Engineering	24 <sup>th</sup> June	6.00pm

### NORTHUMBRIA UNIVERSITY – PARENT AND CARER EVENING – 30<sup>th</sup> JUNE – 6PM

Northumbria University are holding a virtual 'Parent and Carer Evening' for Parents and Carers of students in Sixth Form. Pre recorded content will be available from 23<sup>rd</sup> June. There will be a live Q&A with staff from their Student Recruitment, Accommodation, Applicant Services and Security teams on Wednesday 30<sup>th</sup> June, 6pm-6.45pm. To register, please go to <https://www.northumbria.ac.uk/study-at-northumbria/information-for-schools-and-colleges/parents-and-carers/>

## MEDICAL PROJECTS – WARD ROUND LIVE – MEDICAL WORK EXPERIENCE - 15<sup>th</sup> 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/](http://www.educationprojects.co.uk/medical-projects/ward-round-live/)

## '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/>

# EPCHS AFTER SCHOOL CLUBS

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

# Mrs McHugh's Library News - 18 June 2021

Hello everyone, and welcome to this week's edition of Mrs McHugh's Library News!

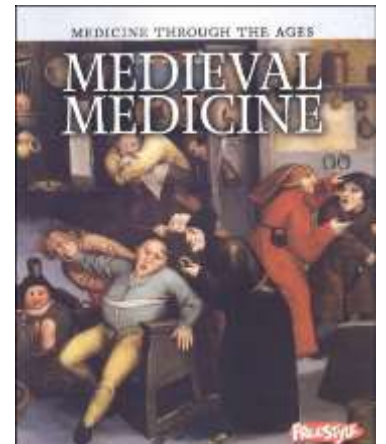
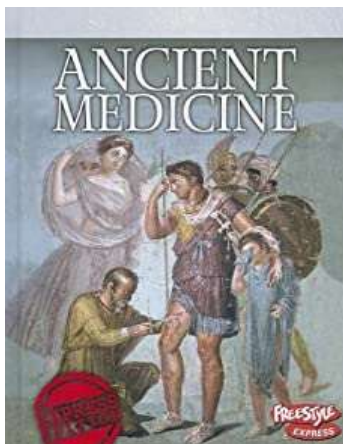
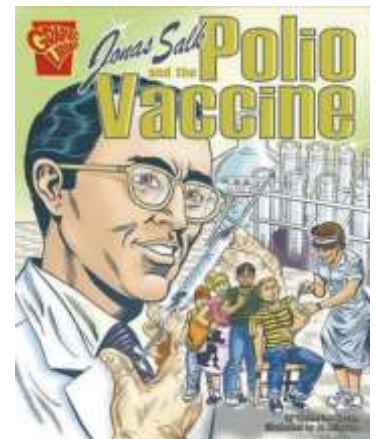
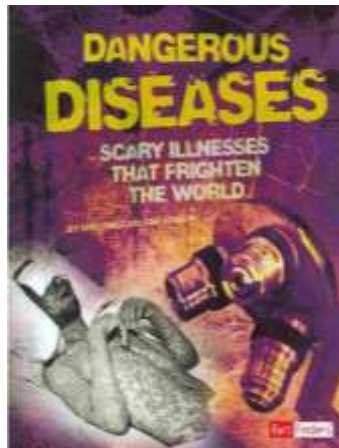


You may have heard last week that The Queen awarded CBE's (Commander of the Most Excellent Order of the British Empire) to people who have achieved great accomplishments in their line of work. I thought it would be **inspirational to tell you** about a local recipient of the award, Professor Tom Solomon. Tom works at the **University of Liverpool** and has been awarded the CBE due to his services to neurological and emerging infections research, including during the COVID-19 response.

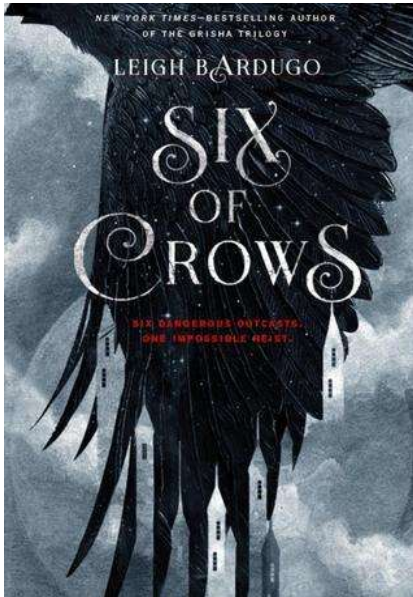
If **you** want to find out more about Tom's amazing work, check the link below.

<https://www.theguardian.com/world/2015/mar/14/meet-the-man-leading-britains-fight-against-ebola>

Hopefully, Tom Solomon will inspire **you** to consider studying science at university. Biomedical Research courses are available at universities such as Oxford, Imperial College London or at schools of Tropical Medicine in London or Liverpool. **You** too could be **part of a team working on ground-breaking research projects** to help stop the spread of infectious diseases worldwide. Check out some reading on **myON!**



We know that reading for pleasure is important too! Check out these book reviews by fellow students at EPCHS...

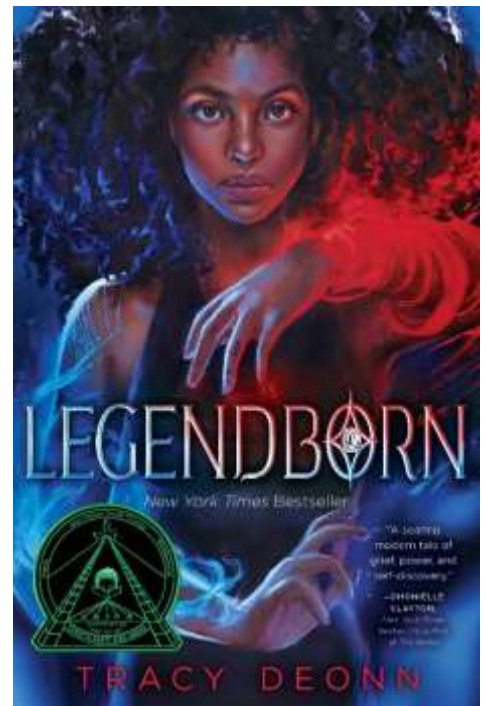


'You'd always expect a kingdom in a fantasy novel, but this book takes place in somewhere people wouldn't dare to step foot in.

Leigh Bardugo's Grishaverse has expanded through multiple books and by far, the Six of Crows is one of my favourites! From the first chapters, the book immediately hooked me in. There is so much exciting tension and loveable characters. Her work is truly amazing and well written, making me want to learn more and even live in that universe!

I would recommend this book to anyone who enjoys a mix of fantasy and crime, someone who

'This book is a thrilling YA read which is fast paced and contains lots of action. It combines the historic mystery and magic of Arthur with a modern twist - you definitely will not be able to put it down. This book is about a young black girl who loses her mother, before going to college and embarking on a journey of self-discovery. There she uncovers the true reason of her mother's death by visiting the past, whilst making a few friends and finding herself along the way. This enticing book entwines magic and friendship, as well as the being incredibly inclusive with diverse characters and including the struggles that many minorities face. This is the first book of the series and ends on a major cliff-hanger which is quite frustrating but the thrill of the book completely makes up for it. This book is absolutely amazing and I would rate it a 9.5/10.' Angel (Year 10)

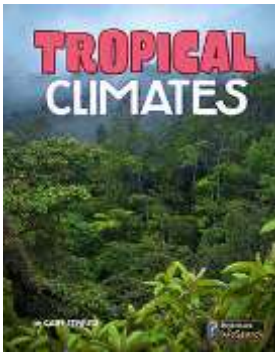


## Lewis's Amazing Fact of the Week

'In the Andes Mountains, scientists have noticed that trees are migrating up the slope when they reproduce to escape warming temperatures. They are moving about 8-12 feet (2.5-3.5m) upward each year.'

**Plants themselves are trying to outrun climate change!**

Why not find out some more fascinating facts about Tropical Climates and the important role they play by reading, Tropical climates with myON!



The climate in a region affects all aspects of life. This book looks at tropical climates. It explores the characteristics of the land and weather in regions with tropical climates, and how plants, animals, and people have adapted to life in tropical regions. The effects of climate change and other developments are also covered.



**Word Count - Super Stars - 11/06/21- 17/06/2021**

Aleksandra O, Arnee P, Ellis T-C, Kaysi F, Logan W,  
Daniel W-B, Matas Z, Alex R, Sofia P, Oliver F,  
Max O, Przemyslaw N, Daisy-May A, Madison L,  
Liberty J, Michael R.



**Quiz - Super Stars - 11/06/21- 17/06/2021**

India-Mae F, Alfie-George D, Lucy H, Scarlett B, Leah K.



**“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.



## #Stoicism

---

### Life is a Battlefield

---

"Don't you know life is like a military campaign? One must serve on watch, another in reconnaissance, another on the front line.... So it is for us — each person's life is a kind of battle, and a long and varied one too. You must keep watch like a soldier and do everything commanded.... You have been stationed in a key post, not some lowly place, and not for a short time but for life."

—EPICTETUS, *DISCOURSES*, 3.24.31–  
36

**T**he writer Robert Greene often uses the phrase "As in war, so in life." It's an aphorism worth keeping close, because our life is a battle both literally and figuratively. As a species, we fight to survive on a planet indifferent to our survival. As individuals, we fight to survive among

a species whose population numbers in the billions. Even inside our own bodies, diverse bacteria battle it out. *Vivere est militare.* (To live is to fight.)

Today, you'll be fighting for your goal, fighting against impulses, fighting to be the person you want to be. So what are the attributes necessary to win these many wars?

Discipline  
Fortitude  
Courage  
Clearheadedness  
Selflessness  
Sacrifice

And which attributes lose wars?

Cowardice  
Rashness  
Disorganization  
Overconfidence  
Weakness  
Selfishness

As in war, so these attributes matter in daily life.



# #TheEPCHSWay

# #MakeItCount



**We will soon be starting our Performing Arts extra curricular activities, We need you to act quickly! There will be a sheet in Drama where we would like you to sign up if you are interested. Once we know the numbers in each year group we will plan how our rehearsals will happen.**



**We have lots planned for next year and want to meet before we finish for the Summer.**

**Sign up in Drama**



# 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**



**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 

# 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>

