



# EPCHS Student 'PD' Bulletin #45

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

Let everything you say be good and helpful.



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



**"Great things happen  
when you care"**

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



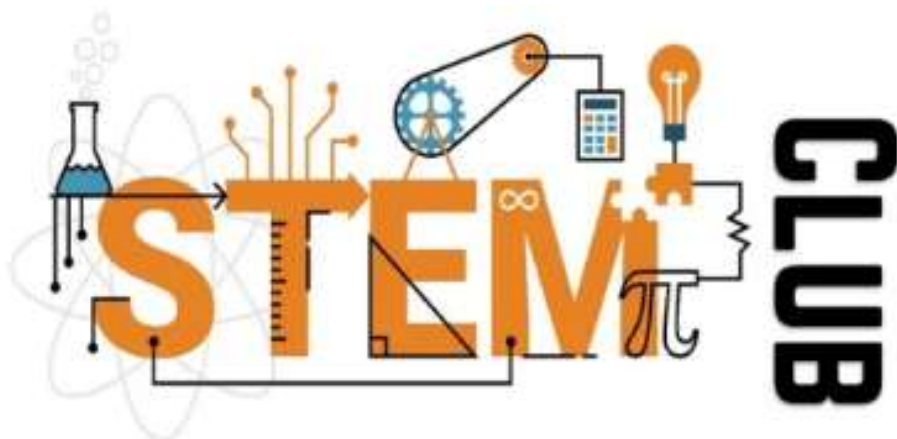
## Our school Equality and Diversity Club are on Teams...

If you would like to join our newly form club and begin to celebrate equality and diversity at EPOCHS then speak or message Mr Patel or Mr Hughes, who will add you in to the Team. At last week's meeting we discussed a range of ideas to celebrate diversity and over the coming months will be planning events to take place in school. The club is open to all and 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 has made a huge difference to our school field these past few weeks. 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. You are being the change we wish to see, great effort!



#MAKEITCOUNT



Information for our Year 11 students keen to know more about medicine...

## INTERESTED IN APPLYING TO MEDICAL SCHOOL? FREE VIRTUAL EVENT – 21<sup>st</sup> AUGUST



The 'Education Projects Group' are running a **free online event on 21<sup>st</sup> August for current Year 11s who are just starting to think about applying to medical school.**

They will have Doctors and current medical students talking about the application timeline, work experience required, entrance exams and everything you need to hit the ground running in September. The itinerary is as follows:

- Welcome and introductions
- Applying to medical school timeline
- Is medicine right for me?
- The importance of work experience
- Balancing school and applying to medical school
- What you need to do this year

**Places are limited and will be offered on a first come first serve basis.** To register, please follow the attached link: <https://forms.gle/Dud254nM1dozd3uF7>

### SIXTH FORM INFORMATION, GUIDANCE AND ADVICE

## UK UNIVERSITY AND APPRENTICESHIP SEARCH – VIRTUAL FAIR – 14<sup>TH</sup> JULY



**UK University and Apprenticeship Search** are hosting another **virtual fair on Wednesday 14th July, 12pm to 6pm** with a wide range of universities, colleges, apprenticeship providers taking part. This is **free of charge to students, parents, and school staff**. You can;

- explore exhibition stands
- live chat with admissions staff, student ambassadors, academics, and recruitment teams
- view virtual campus tours, prospectuses, and information
- take part in 10 live interactive webinars <https://ukunisearch.vfairs.com/en/webinar-timetable>

For more information and to register, go to: <https://ukunisearch.vfairs.com/en>

### **FREE VIRTUAL WORK EXPERIENCE WEEK – FOOD AND GROCERY INDUSTRY – 26<sup>th</sup> TO 30<sup>th</sup> JULY**

For any students interested in a career in the food and grocery industry, the **IGD (Institute of Grocery Distribution)** are hosting a **free virtual work experience week from 26th to 30th July**. You will have the opportunity to interact with employers such as **Coca Cola, Cadbury and Tesco** where you can hear about sales and marketing, engineering and IT. You can select which webinars you would like to attend on Tuesday, Wednesday and Thursday but the Monday and Friday webinars are compulsory. There will be a certificate for all those that attend. For more information, please go to:

[https://forms.office.com/Pages/ResponsePage.aspx?id=jd6N1oSIh0qxZpt1SxEN0oN\\_a7qZE6FNs\\_SwKHgp3ytUNFN1c5QIZXTj|WWks5Q|VGQzJRVEFSNiQ|QCN0PWcu](https://forms.office.com/Pages/ResponsePage.aspx?id=jd6N1oSIh0qxZpt1SxEN0oN_a7qZE6FNs_SwKHgp3ytUNFN1c5QIZXTj|WWks5Q|VGQzJRVEFSNiQ|QCN0PWcu)

### **VIRTUAL WORK EXPERIENCE IN LAW – 2<sup>nd</sup> JULY**

**Young Professionals**, alongside Charles Speechlys, Browne Jacobson (both national law firms) and The University of Law, are hosting a 'Law' virtual work experience on **2nd July from 9am to 4pm**. Places are limited so if you are interested you will need to register as soon as possible at <https://www.research.net/r/Law-VWEX>. The itinerary for the day will include:

- An insight to law, different departments and areas of work (including non-law routes)
- Networking opportunities and being added to a fast-track list for in person events when safe to do so
- Breakout rooms with solicitors, talking about different areas of law
- Panel discussions and a real world project for you to work on
- Client relationships and winning new business
- Workshops & interactive sessions

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

A reminder that **Northumbria University** are holding a virtual '**Parent and Carer Evening**' for Parents and Carers of students in Sixth Form. Pre recorded content is now available. 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**

A reminder about 'Ward Round Live'. This 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**

A reminder that '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/>

**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>

The poster is titled 'EPCHS AFTER SCHOOL CLUBS' in a white rounded rectangle on a blue background. It lists activities by day of the week, each with a corresponding icon. At the top, it lists 'Rounders- Year 9' and 'Basketball- Year 8' with a soccer ball icon. At the bottom, it lists 'Basketball- Year 7' with a basketball icon.

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

## Mrs McHugh's Library News - 24 June 2021

Hello everyone, and welcome to this week's Mrs McHugh's Library News! In this edition I'm going to celebrate the writing of Jason Reynolds! You may remember that I've recommended Reynold's book, **Ghost** before! It's a real page turner!



Synopsis: Running. That's all that Ghost (real name Castle Cranshaw) has ever known. But never for a track team. Nope, his game has always been ball. But when Ghost impulsively challenges an elite sprinter to a race -- and wins -- the Olympic medallist track coach sees he has something: crazy natural talent. Thing is, Ghost has something else: a lot of anger, and a past that he is trying to outrun. Can Ghost harness his raw talent for speed and meld with the team, or will his past finally catch up to him?

I **love** reading Jason Reynolds books - I'm really happy to hear that he has just been awarded the UK's top children's books prize, the **Carnegie medal** for his "breathtakingly gripping" book of stories, **Look Both Ways**.

Great News too for all students in **Year 7 and 8!** **Look Both Ways** is on Accelerated Reader ...so you can read it, take a quiz and bank 34,647 words! Level: 4.8

In **Look Both Ways**, Reynolds talks about difficult topics like homophobia, bullying and bereavement.



Reynolds was born in America and British Publishers were worried that his book wouldn't sell in the UK. However, Reynolds proved them wrong and his books are really popular in this country. Upon receiving the award Reynolds said...

***"I wanted to show and to sort of pick at how – though we all exist in one space, and we all are pretty much the same when you get down to the brass tacks of it – we all have completely different journeys."***

Why not check out Jason Reynolds website!

<https://www.jasonwritesbooks.com/>





**The book I enjoyed Reading This**

**Week...**

**Grave Matter,**

**by Juno Dawson**



***Synopsis:***

***Since the crash, since Eliza died, Samuel can't find a way to go on. His need to see his love again is overwhelming, and so he ventures into the strange, terrifying world of Hoodoo. Samuel is about to make a pact with powers he cannot comprehend, let alone control...***

***Book Level: 4.0***

***Upper Years***

**Why do I recommend this book?**

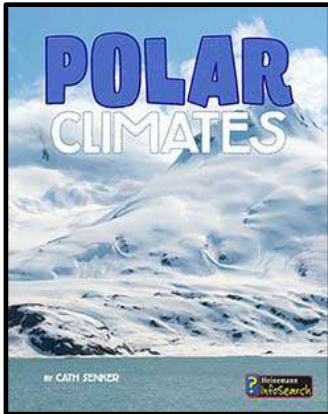
I know you shouldn't judge a book by its cover but the gothic, ethereal and haunting image of **Grave Matter** really caught my eye! Moreover, I liked the fact that the book is a shorter read...it is only 140 pages long! Oftentimes in the library, students say they don't like reading long books so I think **Grave Matter** will suit many readers. As an added bonus, the book is printed in dyslexic friendly font and on light paper (not white)! This book is super scary yet tragic...I dare you to read it!



# Lewis's Amazing Fact of the Week



Polar bears are the largest carnivores on Earth. An adult polar bear can measure up to 8 feet, 6 inches (2.6m) long and weigh around 1,320 pounds (600kg) - **nearly as much as a small car!** Book: Polar Climates (myON) page: 19.



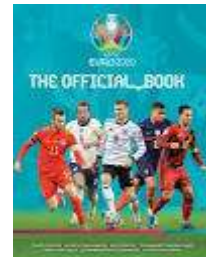
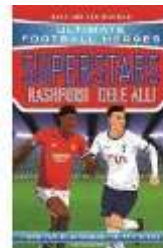
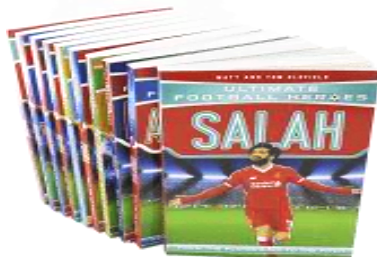
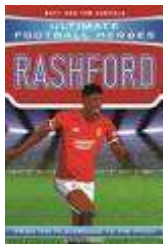
You can read and listen to Polar Climates with myON too! Read this synopsis to find out what it's all about!

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

ATOS 6.4  
Page Count 48  
Audio Time 57 minutes



And finally, for all our students who are following the Euro's... we have some great new football books in the library!



Word Count - Super Stars – 18/06/21- 24/06/2021

Bethany G, Kira McN, Ella T, Uloho F, Sebastian L, Anthony N, Olivia P, Chloe D, Beth H, Katie J, Christian S, Conor McC, Charley J, Daniel W, Brianna H.



Quiz - Super Stars – 18/06/21- 24/06/2021



Madison L, Ryan L, Chloe W, Sophia B.

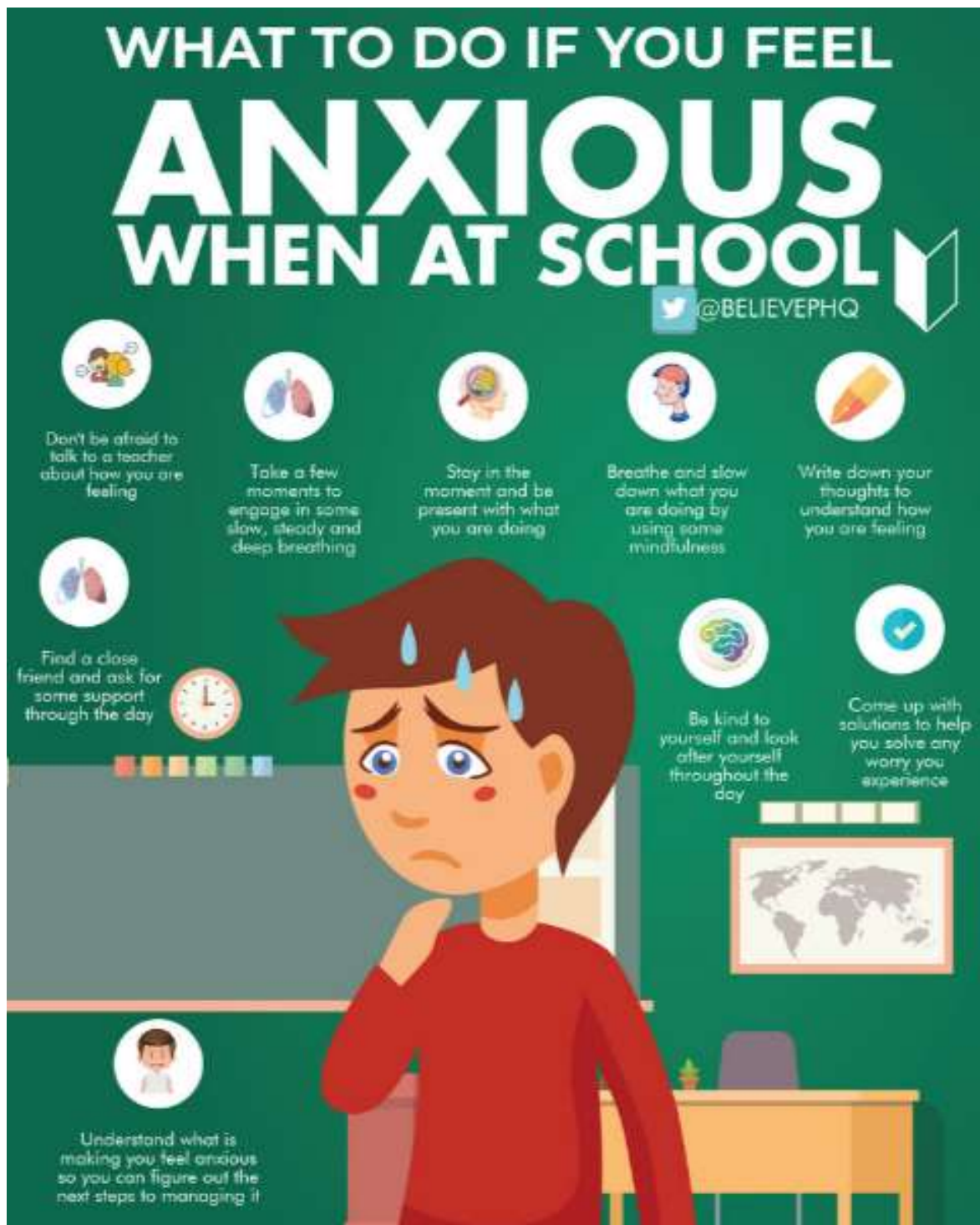
Congratulations to **Josh PM** in Year 8 who is the first student in EPCHS to finish reading Marcus Rashford's **YOU ARE A CHAMPION!**

Happy reading to students, staff and parents alike!

# 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...



## A little cultural capital...

Edmund Hillary, in full Sir Edmund Percival Hillary, was born July 20, 1919, Auckland, New Zealand and sadly passed away January 11, 2008, Auckland, New Zealand.

Edmund Hillary was a famous mountain climber and Antarctic explorer who, with the Tibetan mountaineer Tenzing Norgay, was the first to reach the summit of Mount Everest at 29,035 feet or 8,850 metres.



# #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 

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# 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>

