



# EPCHS Student 'PD' Bulletin #46

"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



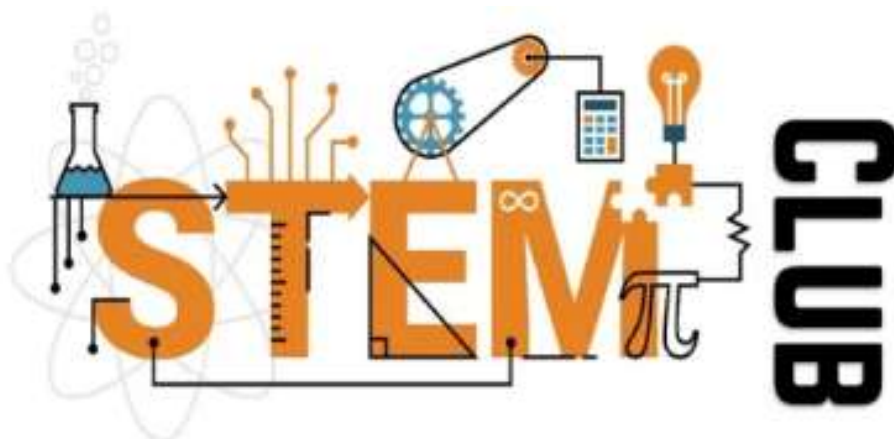
## **Our school Equality and Diversity Club are on Teams...**

If you would like to join our newly form club and begin to celebrate equality and diversity at EPCHS then speak to 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**

# SIXTH FORM INFORMATION, GUIDANCE AND ADVICE

## UNIFROG: CLEARING AND RESULTS DAY WEBINARS FOR Y13

These webinars from **Unifrog** will support Y13 students during results day and Clearing. They are as follows:

- Results day: get prepared and understand your options – 6<sup>th</sup> July @5pm
- Results day: navigating Clearing – 7<sup>th</sup> July @5pm
- Results day: next steps and preparing for University – 4<sup>th</sup> August @5pm

To register go to <https://www.unifrog.org/student/webinars>

## UNIVERSITY OF WINCHESTER: INSIGHT WEEK: 5<sup>th</sup> to 9<sup>th</sup> JULY: 3PM-6PM

The University of Winchester are hosting a **virtual 'Insight Week' from 5<sup>th</sup> to 9<sup>th</sup> July**. This has been designed to support the decision-making process of students as they consider their university options. The **live sessions will take place from 3pm-6pm**.

For more information or to register, please go to

<https://www.winchester.ac.uk/study/undergraduate/open-days-and-campus-tours/insight-week/>

## UCAS SUMMER HUB LIVE SESSIONS

UCAS are running a series of virtual live sessions this summer to help support university and career choices. These sessions will be **every Wednesday at 2pm**. The first of these is on **7<sup>th</sup> July at 2pm** and is entitled **'Comparing Uni's: what really matters'**. For more information or to register, please go to <https://www.ucas.com/undergraduate/what-and-where-study/ucas-hub-live>

## 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 26<sup>th</sup> to 30<sup>th</sup> 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=jd6N1oSlh0qxZpt1SxEN0oN\\_a7qZE6FNs\\_SwKHgp3ytUNFN1c5QIZXTjIWWks5QIVGQzJRVEFSNiQIQCN0PWcu](https://forms.office.com/Pages/ResponsePage.aspx?id=jd6N1oSlh0qxZpt1SxEN0oN_a7qZE6FNs_SwKHgp3ytUNFN1c5QIZXTjIWWks5QIVGQzJRVEFSNiQIQCN0PWcu)

## 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/>

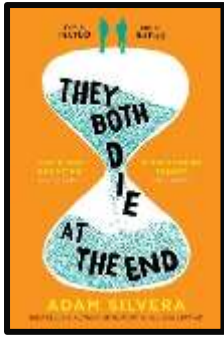
## **Mrs McHugh's Library News - July 2<sup>nd</sup> 2021**

Hello everyone and welcome to the last edition of Mrs McHugh's Library News for the academic year! I saw this picture of Spiderman and Pope Francis in *The Guardian* over the weekend! It made me wonder if Pope Francis has ever read any Spiderman adventures! After all, both Pope Francis and Spiderman know that **"with great power, comes great responsibility!"** Why not come to EPCHS Library and pick up a copy of **'Miles Morales: Spiderman'** by Jason Reynolds?



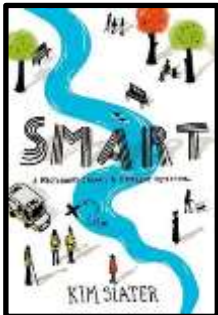
Synopsis: Miles Morales is just your average teenager. Dinner every Sunday with his parents, chilling out playing old-school video games with his best friend, crushing on brainy, beautiful poet Alicia. He's even got a scholarship spot at the prestigious Brooklyn Visions Academy. Oh yeah, and he's Spider Man.

**Attention all Older Readers!** The book which is trending in the Library at the moment is **'They Both Die At The End'** by Adam Silvera (Suitable for 14+). Why not come to the library and borrow a copy too?



**Synopsis: Adam Silvera reminds us that there's no life without death and no love without loss in this devastating yet uplifting story about two people whose lives change over the course of one unforgettable day.**

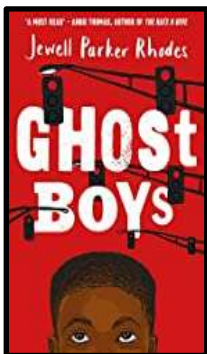
**Staff Book Recommendation from Mrs Shields...*SMART* by Kim Slater**



**What do you think of when you describe someone as smart? We often have set ideas on what being smart means. This book tells the story of a boy who knows he is smart but is often told that he isn't. He has social and communication differences that make him think in a different way and he is often ridiculed for it. Thanks to support at school and making friends with others, who society ignores or leaves behind, he collects clues and is determined to solve a crime. It is narrated by the boy himself and is funny and witty. Some of the content is challenging, such as his home life, but you are willing him to succeed, to find happiness, and by the end you are glad you have got to know him. This book guides you on a journey with the character as he uses clever strategies to work out the world around him. Will he succeed? You need to read it to find out. (Mrs Shields)**

4.7 AR Quiz  
No. 227854

**Mrs McHugh's Book Recommendation of The Week!**



**Synopsis: Twelve year old Jerome doesn't get into trouble. He goes to school. He does his homework. He takes care of his little sister. Then Jerome is shot by a police officer who mistakes his toy gun for a real threat. As a ghost, watching his family trying to cope with his death, Jerome begins to notice other ghost boys. Each boy has a story and they all have something in common...**

BL: 3.0 AR  
Quiz No.  
233707

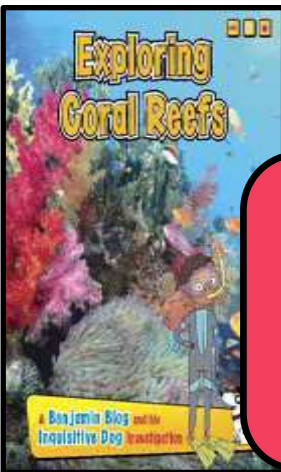
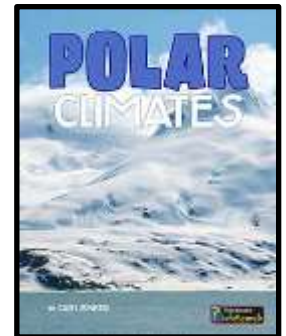
**My thoughts about *Ghost Boys*: I honestly cannot find the words to describe this book...it's brutal, heart breaking yet uplifting. At times it made me cry but this emotion is so necessary. As the book itself notes, "Better to light a candle than curse the darkness." As a reader we must confront difficult truths in order to try and create a better future. (Mrs McHugh)**

## Amazing Facts of the Week when you read with myON!

This week's amazing facts have been provided by Lewis in Year 7 and Beth in Year 8!

If the Antarctic ice sheet melted completely, sea level worldwide could rise by more than 200 feet (60m). Book: Polar Climates

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 and other developments are also covered. BL 6.4 Quiz No. 192053



This book looks at coral reefs around the world, taking in a multitude of algae, polyps, fish, and other marine life along the way.

The Great Barrier Reef has more than 2,800 reefs. Also, 400 different kinds of coral and 1,500 kinds of fish! BL 4.7 Quiz No. 163271

### **Word Count - Super Stars - 25/06/21- 01/07/2021**

Sophie D, Kaydence Y, Matas Z, Martyna K, Kaysi F, Tess C,  
Harshitha LP, Christian S, Polat M, Ruby S, Reuben K, Danielle J,  
Autumn HB

### **Quiz - Super Stars - 25/06/21- 30/06/2021**

Antek M, Anna G, Ruby S, Molly S, Danielle J, Michael H, Lucy H,  
Lexie R, Alicia P, Caleb D, Nathaniel W, Sienna T, Gracie H, Lewis  
M, Megan H, Errin M, Declan K, Alfie M, Ellis A, Jay S, Alucia E,  
Harry W, Millie W.



*It's coming home, it's coming home, football's coming home!*



Let's celebrate ***the great result by England*** this week and read about ***Raheem Stirling*** and ***Harry Kane***!



*Sterling* is the exciting tale of a boy who followed his passion and became one of the most dynamic young players in world football, winning the hearts of fans along the way. In this uplifting story relive Raheem Sterling's whirlwind journey from playing for Liverpool to winning the Premier League with Manchester City and battling to the World Cup semi-finals with Harry Kane, Gareth Southgate and the other England heroes.

BL: 5.9 AR Quiz No. 238856



When Harry Kane was released by Arsenal at nine years old for being too small, he had to use all his self-belief to prove that he could make it as a footballer. Now a superstar striker for Tottenham Hotspur and England, his hard work and determination have paid off. *Kane* is the amazing story of how the boy from North London became the Premier League's most lethal goal scorer.

*Ultimate Football Heroes* is a series of biographies telling the life-stories of the biggest and best footballers in the world and their incredible journeys from childhood fan to super-star professional player.

BL: 5.0 AR Quiz No. 234007

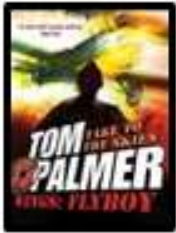
Read more about Raheem Stirling's determination and some sage advice from his former coach, Paul Lawrence, ahead of the Ukraine match on Saturday. "I would say, be even more fearless. Be even more brave. Be bold and take people on to try and create chances. The more he takes people on, the more it encourages the other players to try."

[https://www.theguardian.com/football/2021/jun/30/im-so-proud-of-raheem-sterlings-old-coach-elated-by-england-success?CMP=Share\\_AndroidApp\\_Outlook](https://www.theguardian.com/football/2021/jun/30/im-so-proud-of-raheem-sterlings-old-coach-elated-by-england-success?CMP=Share_AndroidApp_Outlook)





A huge congratulations to Christian in Year 8 who has been avidly reading the Tom Palmer *Wings* series of books. Christian has been rewarded with a signed certificate, poster and book mark from Tom Palmer himself! Why not follow Christian's fantastic reading journey and read Tom Palmer's exciting adventures?



While attending a football summer school which is located near an old abandoned airfield, Jatinder reads a book about ace fighter pilot Hardit Singh Malik and is propelled into an adventure that takes him back in time. BL 4.2 Quiz No. 230821

3 Books  
Collection

Dyslexia  
Friendly!

Flyboy,  
Typhoon,  
Spitfire.



It's the end of football summer school. Jess and her sister are growing further and further apart. Then a visit to an air show at the local RAF base plunges the girls into an unexpected adventure in the skies. They must work together to survive. BL 4.0 Quiz No. 232129



While attending a summer football camp near an old airfield, Greg starts working on a model of an old Spitfire. Before long, he's propelled into an adventure as an RAF pilot during World War II. BL 4.2 Quiz No. 230821

Happy Reading to students, parents and staff alike!

Thought of the Week...



# 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.



### **New mental health text messaging service launched for Cheshire and Merseyside**

Cheshire and Merseyside Health and Care Partnership have teamed up with mental health charity Shout 85258 to provide a free text messaging service in the region.

This is a free, confidential, 24/7 text message support service for anyone who is feeling overwhelmed or is struggling to cope. The service is staffed by trained volunteers who will work with you to take your next steps towards feeling better.

Anyone in Cheshire West, Cheshire East or Wirral can text **BLUE to 85258** for immediate support.

### **Exam stress even when there are no exams?**

With a second year of cancelled exams, The Charlie Waller Trust have provided some resources for dealing with the mixed emotions that this may have stirred up.

They also have some useful resources for both parents and teachers to help promote a healthy approach to dealing with GCSEs.



For further information check out the link below:

<https://charliewaller.org/information/coronavirus-mental-health/cancelled-exams>



# #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

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 

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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)

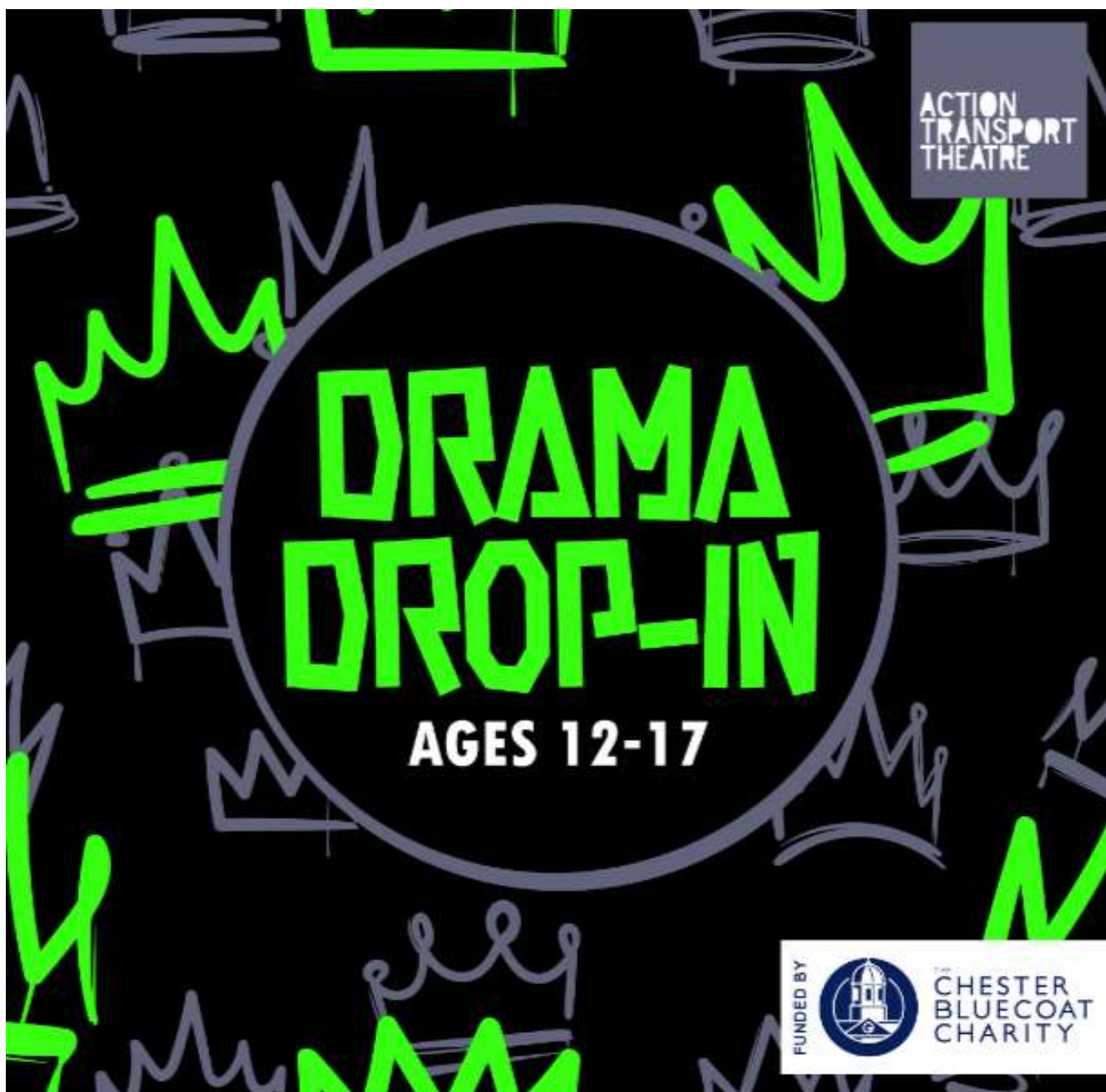
Follow us on Facebook

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>



## A design fit for a Queen...

For further information relating to this National Competition, please see Mrs Moore in the Art Department.

### NATIONAL COMPETITION FOR HER MAJESTY THE QUEEN'S PLATINUM JUBILEE EMBLEM



The V&A and Buckingham Palace are inviting artists and designers aged between 13-25 years old to design a special emblem for the Queen's Platinum Jubilee in 2022.

The winning design will feature in the lead up and throughout the Jubilee celebrations, including on TV, in street parties and community events.

The entries will be judged by a panel of graphic designers, visual artists and design professionals, including Margaret Calvert OBE RDI, Lubna Chowdry, Yinka Ilori MBE and Gabriella Marcella, chaired by V&A Director Tristram Hunt.

They will be joined by experts from the V&A, Royal College of Art, Design Museum and a member of the Royal Household.

For any questions about the competition, please contact [platinumjubilee@vam.ac.uk](mailto:platinumjubilee@vam.ac.uk).

The deadline for entries is 16 July 2021.

[FIND OUT MORE](#)