

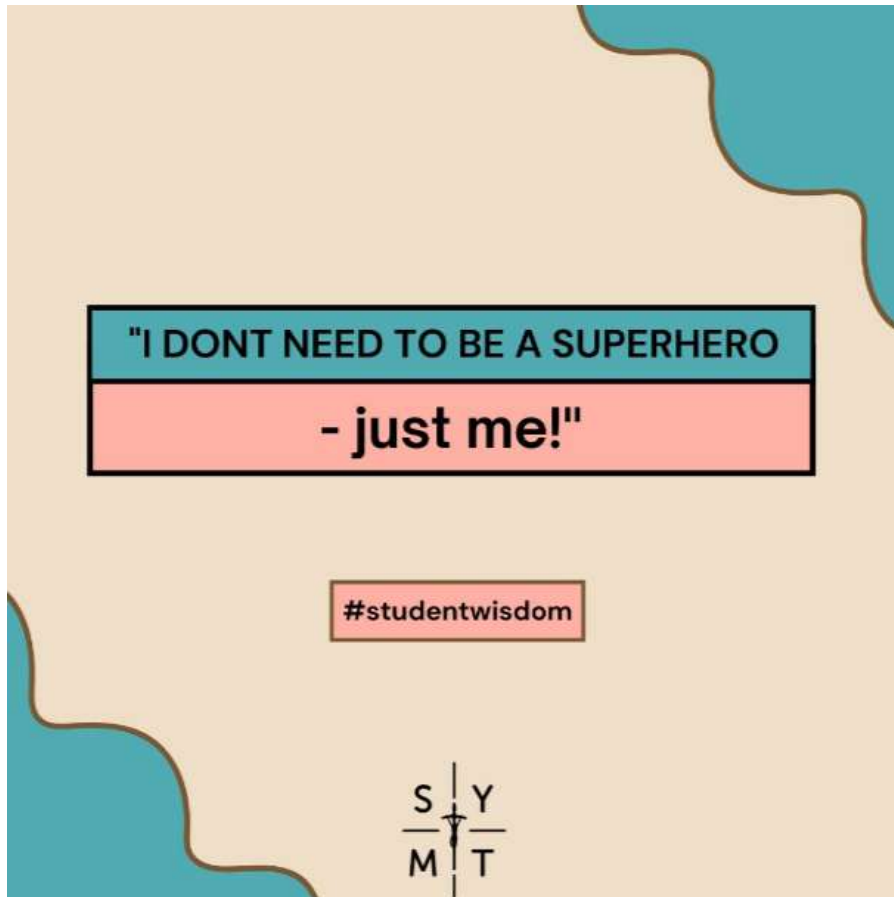


EPCHS Student 'PD' Bulletin #48

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

Welcome back #TeamEPCHS

Never forget you are made, known and loved by God



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



"Great things happen when you care"

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



At EPCHS we are :

Ready
Respectful
Safe



“Great things happen when you care”

School Field at lunch time...

Last year Mr Cavanagh shared with you the new rules for the School field at lunchtime. As a quick reminder please check them out below:

- Footballs to be collected from the centre of the field
- Footballs to be returned on the blow of the whistle 12.50pm
- Poor language and behaviour will result in a 1 day suspension from the field.



You know how to #MAKEITCOUNT – You can do it and RESPECT the game!

Covid-19 Testing...

It is recommended that ALL students continue to take Lateral Flow Tests at home, twice weekly.

You should report the results straight away, whether positive, negative or void, either online at [gov.uk/report-covid19-result](https://www.gov.uk/report-covid19-result) or by calling 119, free from your mobile or landline. If the test is positive then the person should also take a confirmatory PCR test and follow the latest government guidance.

Around 1 in 3 people with COVID-19 have no symptoms and can spread it without knowing. Taking regular rapid tests will help give you peace of mind that your child is not spreading the virus without knowing.

Please help to continue keep your community safe. Thank you.

Extra-curricular clubs at EPCHS...



KEY STAGE 3 HISTORY FILM CLUB

HOLLYWOOD VS. HISTORY

EVERY MONDAY LUNCHTIME
ROOM B14 WITH MR PARKIN
STARTING 13TH SEPTEMBER 2021

Mr Parkin is starting a new Key Stage 3 History Film Club. Open to ALL Year 7, Year 8 and Year 9 students the clubs will compare the Hollywood screen hits to the real events through the study of history.

For further information, please see Mr Parkin in B14 during the week.

Thought of the Week...

Thought of the Week:

“The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack of will.”

Vince Lombardi



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.



#TheEPCHSWay

#MakeItCount

New clubs and activities starting soon...

Over the coming weeks there will be a number of clubs and activities being advertised, so keep your eyes peeled for something new and different.

Year 7 - Science Club – Speak to Mrs Jones in C1 for further details

Year 7 - Art Club – Speak to Mrs Moore

Year 9 - Comics and Manga Club – Speak to Mr Hartley

Performing Arts Club – Speak with Mrs Kennedy

Year 9 and Year 10 Duke of Edinburgh – Speak with Mr Hughes

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
...we do rugby

Pitchero

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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