



# EPCHS Student 'PD' Bulletin #49

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

The smallest act of kindness can  
make the biggest difference...



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

# PHYSICAL EDUCATION DEPARTMENT

## Extracurricular Timetable 2021/22

MONDAY Lunch & 3-4pm	TUESDAY 3-4pm	WEDNESDAY 3-4pm	THURSDAY 3-4pm	FRIDAY 3-4pm
GIRLS: Yr. 7 & 8 <b>BADMINTON</b> (LUNCH) - CLO	GIRLS: Yr. 7 & 8 <b>NETBALL - CLO</b>	GIRLS: Yr. 9, 10 & 11 <b>NETBALL – CLO</b> Yr. 7 & 8 <b>GYMNASTICS</b> (LUNCH) - CLO	GIRLS: Yr. 7 & 8 & 9 <b>FOOTBALL - GTR</b>	GIRLS: Yr.11 <b>BASKETBALL - JPR</b>
BOYS: Yr. 7 & 8 <b>BADMINTON</b> (LUNCH) - CLO	BOYS: Yr. 7 & 8 <b>FOOTBALL -THT</b>	BOYS: Yr. 9, 10 & 11 <b>FOOTBALL -THT</b>	BOYS: Yr. 7 & 8 <b>RUGBY - NAN</b>	BOYS: Yr. 11 <b>BASKETBALL - JPR</b>
GIRLS: Yr. 7 & 8 <b>BASKETBALL - JPR</b>	BOYS & GIRLS: <b>SIXTH FORM</b> <b>SPORTS -JPR</b>	BOYS & GIRLS: Yr. 9 <b>BASKETBALL - JPR</b>	GIRLS: Yr. 10 <b>BASKETBALL - JPR</b>	
BOYS: Yr. 7 & 8 <b>BASKETBALL - JPR</b>	BOYS: Yr. 9, 10 & 11 <b>RUGBY - NAN</b>	BOYS & GIRLS: <b>BADMINTON – GTR</b> (Intervention exam classes)	BOYS: Yr. 10 <b>BASKETBALL- JPR</b>	

Ready . Respectful . Safe



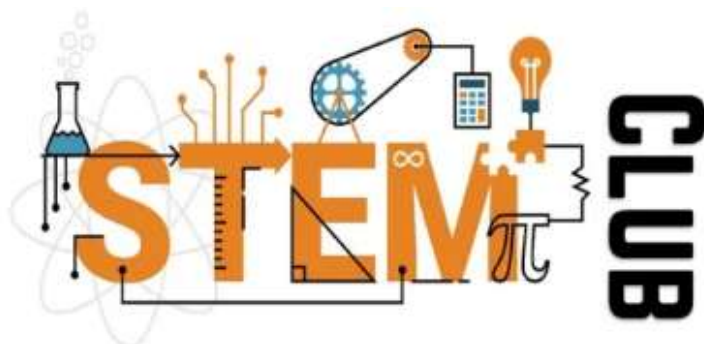
**Our school Equality and Diversity Club are on Teams and will be meeting soon...**

If you would like to join our newly formed club and begin to celebrate equality and diversity at EPCHS then **speak or message Mr Patel or Mr Hughes**, who will add you in to the Team. In the coming months the Team will be organising a number of events to celebrate diversity across the school. The club is open to all and all are welcome...



## STEM Club is on every Tuesday...

STEM Club is every Tuesday with Mr Hickman in C2, 3-4pm. All KS3 students are welcome, so don't miss out on this great opportunity!



You can also follow our STEM Club on twitter @STEMEPCHS

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.
- All litter must be removed from the field before the end of lunch.



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...

A collage of images related to a history film club. It includes a movie poster for 'Downfall' (April 1945, A Nation Awaits Its...), a man in a white shirt, a man in a suit (The Courier), a man in a military uniform, a man in a suit, and a man in a military uniform. Text overlays include 'KEY STAGE 3 HISTORY FILM CLUB', 'HOLLYWOOD VS. HISTORY', and '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...



An advertisement for YoungMinds Crisis Messenger. On the left, a dark blue vertical banner contains white and yellow text. The text reads: 'Having a mental health crisis?' in white, 'Text YM to 85258' in yellow, and 'YOUNGMINDS Crisis Messenger' in white. Below this, there is a small logo for 'powered by shout' and a red 'HELP' button. On the right, a young man with dark hair, wearing a blue puffer jacket, is looking down with a somber expression against a light green background.

# 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.

Please remember Mr Patel and Miss Davies, our Learning Mentors are both available at lunch for Wellbeing drop-in. If you would like to see them, just find them on the yard at break or lunch.



**#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**



The Pledge are holding their first event of the term this coming Tuesday, make sure to check it out to find out more...

**What Next? Volunteering event. Aimed at Y10 – Y13 on Tuesday 14th September at 6pm – 7.30pm.**

This is an opportunity for students to understand more about the volunteering opportunities within our region from NHS Cadets to the benefits of being part of youth programmes. We also have employers on to share the value of skills gained from extra curricula activities. This event is for all students who want to know how to stand out from the crowd and look at opportunities to build and develop skills for their future.

This will be hosted on the Learn Live platform and all students will have the opportunity to ask questions through the modified Live Chat facility to all the organisations taking part on the night.

We are encouraging everyone to register in advance of the date which can be accessed on the page:

<https://learnliveuk.com/whats-next-volunteering/>



# 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

## 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



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 