



EPCHS Student 'PD' Bulletin #50

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

Reading the Bible each day is a good habit to get into. Why not spend some time today with the Word, allowing it to dwell in your heart...



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

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 BADMINTON (LUNCH) - CLO	GIRLS: Yr. 7 & 8 NETBALL - CLO	GIRLS: Yr. 9, 10 & 11 NETBALL – CLO Yr. 7 & 8 GYMNASTICS (LUNCH) - CLO	GIRLS: Yr. 7 & 8 & 9 FOOTBALL - GTR	GIRLS: Yr.11 BASKETBALL - JPR
BOYS: Yr. 7 & 8 BADMINTON (LUNCH) - CLO	BOYS: Yr. 7 & 8 FOOTBALL -THT	BOYS: Yr. 9, 10 & 11 FOOTBALL -THT	BOYS: Yr. 7 & 8 RUGBY - NAN	BOYS: Yr. 11 BASKETBALL - JPR
GIRLS: Yr. 7 & 8 BASKETBALL - JPR	BOYS & GIRLS: SIXTH FORM SPORTS -JPR	BOYS & GIRLS: Yr. 9 BASKETBALL - JPR	GIRLS: Yr. 10 BASKETBALL - JPR	
BOYS: Yr. 7 & 8 BASKETBALL - JPR	BOYS: Yr. 9, 10 & 11 RUGBY - NAN	BOYS & GIRLS: BADMINTON – GTR (Intervention exam classes)	BOYS: Yr. 10 BASKETBALL- JPR	

Ready . Respectful . Safe





“Great things happen when you care”

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



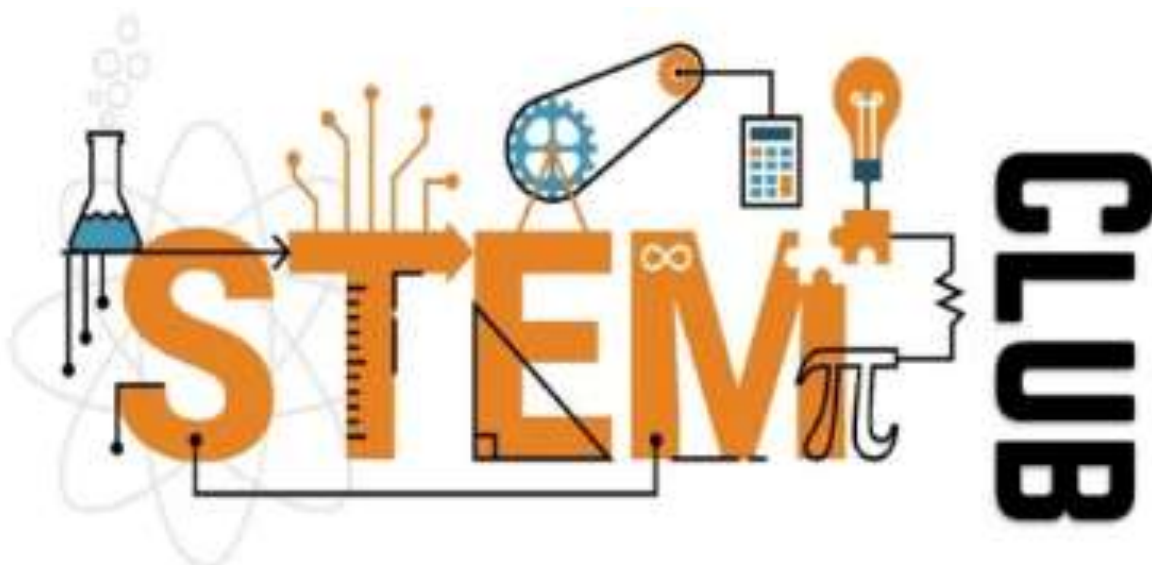
Our school Equality and Diversity Club are on Teams and will be meeting soon...

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 students are welcome from KS3 and KS4**, so don't miss out on this great opportunity – Science, Technology, Engineering, Mathematics and much more!



You can also follow our STEM Club on twitter [@STEMEPCHS](https://twitter.com/STEMEPCHS)

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 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.

Thinking about your next steps?



Not sure what career path to choose?

Hear from local businesses at our Career EXPO events to discuss the best career/study path for you!

[Register today](#)

European Union
European Social Fund

THE PLEDGE
CHESHIRE AND WARRINGTON

Free and open to all, especially those in Year 10-12 including parents/carers. Watch a series of videos and take part in our live, fully moderated chat function, allowing you to ask questions safely and directly to employers and education providers during the live event.

Whether you are deciding on subjects to study or careers to pursue, this is a great step to help you to explore your options.

- ✓ Meet a wide range of local employers.
- ✓ Learn about apprenticeships and T-level progression routes.
- ✓ Understand your local college options and ask questions directly.
- ✓ Find out more about going to university and interact with local universities.

The upcoming event dates and details to register are below:

Crewe and Nantwich - Tuesday 21st September, 18:00 - 19:30 [Register today](#)

Northwich and Winsford - Thursday 23rd September, 18:00 - 19:30 [Register today](#)

Mid Cheshire East (Alsager, Congleton, Holmes Chapel, Middlewich, Sandbach) - Tuesday 28th September, 18:00 - 19:30 [Register today](#)

Warrington, Your Future, Your Choices, Move On - Thursday 30th September, 18:00 - 19:30 [Register today](#)

Ellesmere Port and Chester - Tuesday 5th October, 18:00 - 19:30 [Register today](#)

Macclesfield (Wilmslow, Poynton and Knutsford) - Thursday 7th October, 18:00 - 19:30 [Register today](#)

Wellbeing Drop-in...

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.

Extra-curricular clubs at EPCHS...



DOWNFALL
APRIL 1945, A NATION AWAITS ITS...

THE COURIER

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.

Excellence is an art won by training and habituation. We do not act rightly because we have virtue or excellence, but we rather have those because we have acted rightly. We are what we repeatedly do. Excellence, then, is not an act but a habit.

Aristotle

EVERYDAY **POWER**

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.

Why not practice a little #SelfCare?

	Reach out These are unusual times! Often talking things through with a loved one will help		You time Schedule downtime to do something you enjoy
	Plan Create a revision schedule but remember to include breaks!		Eat & drink well Go for healthy food and stay hydrated
	Shh! Work somewhere where you can concentrate and put your phone down to avoid distractions		Zzz... Try to get enough sleep and don't stay up too late!

New clubs and activities starting soon with some already started....

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

Last week saw the first session with Mrs Kennedy and the hall was packed!
The club is every Thursday 3-4pm in the Hall.

Year 9 and Year 10 Duke of Edinburgh – See Mr Hughes this week.

Register your interest by adding your name to the list on his office door.
Letters will be ready for collection at the end of the week.

EPCHS Music Band

Miss Anglesea is looking to put a band together. She is looking for guitarists, keyboard players, drummers and vocalists. Rehearsals are every Thursday and Friday at LUNCH.
For further information please see the Music Department.



We are looking to start a Ju-Jitsu Club at EPCHS

Are you interested? Would you like to find out more?

See Mr Hughes for further details.

6th Form information and activities...

IGH free virtual employability webinars – 23rd and 29th September

During these hour-long webinars, you will interact with industry professionals such as Coca Cola and Tesco and undertake activities to develop employability skills. They will help you to understand the world of work. These sessions will **meet the Gatsby benchmark** by linking curriculum to careers.

IGH currently have availability on:

Thursday 23rd September - 10:30 -11:30

Thursday 23rd September - 13:30 - 14:30

Wednesday 29th September - 10:30 -11:30

Click [here](#) to book now.

InvestIn – Autumn career experience programmes

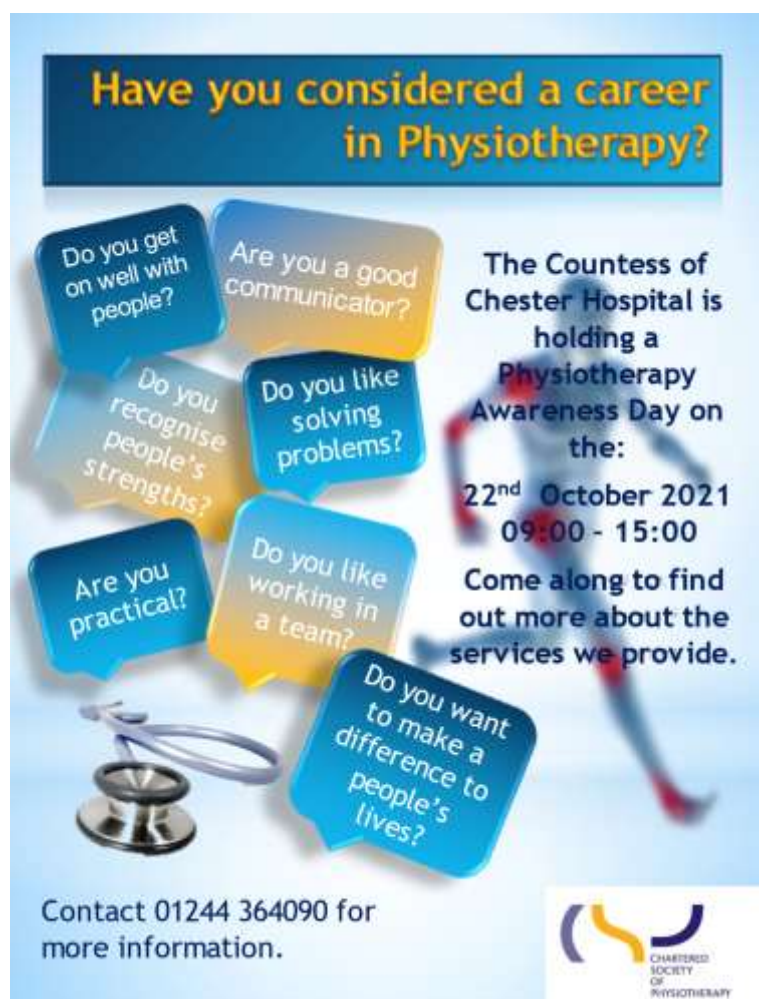
These programmes are delivered live or online. The sessions, run by experienced professionals, will be interactive and hands on. You can choose from 28 careers. **Please note that places are limited and there is a charge for them.** For more information, please go to <https://investin.org/pages/choose-your-career>

Physiotherapy awareness day at the Countess of Chester Hospital – 22nd October: 9am-3pm

If you are interested in a career in Physiotherapy, the Countess of Chester Hospital are hosting an awareness day on 22nd October, 9am-3pm.

There is a £10 charge to attend this event. Places are limited and on a 'first come first serve' basis.

A booking form has been uploaded to the Year 12 and Year 13 Teams.



Have you considered a career in Physiotherapy?

Do you get on well with people?
Are you a good communicator?
Do you recognise people's strengths?
Do you like solving problems?
Are you practical?
Do you like working in a team?
Do you want to make a difference to people's lives?

The Countess of Chester Hospital is holding a **Physiotherapy Awareness Day** on the:
22nd October 2021
09:00 - 15:00

Come along to find out more about the services we provide.

Contact 01244 364090 for more information.

CHARITRED SOCIETY OF PHYSIOTHERAPY

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 

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