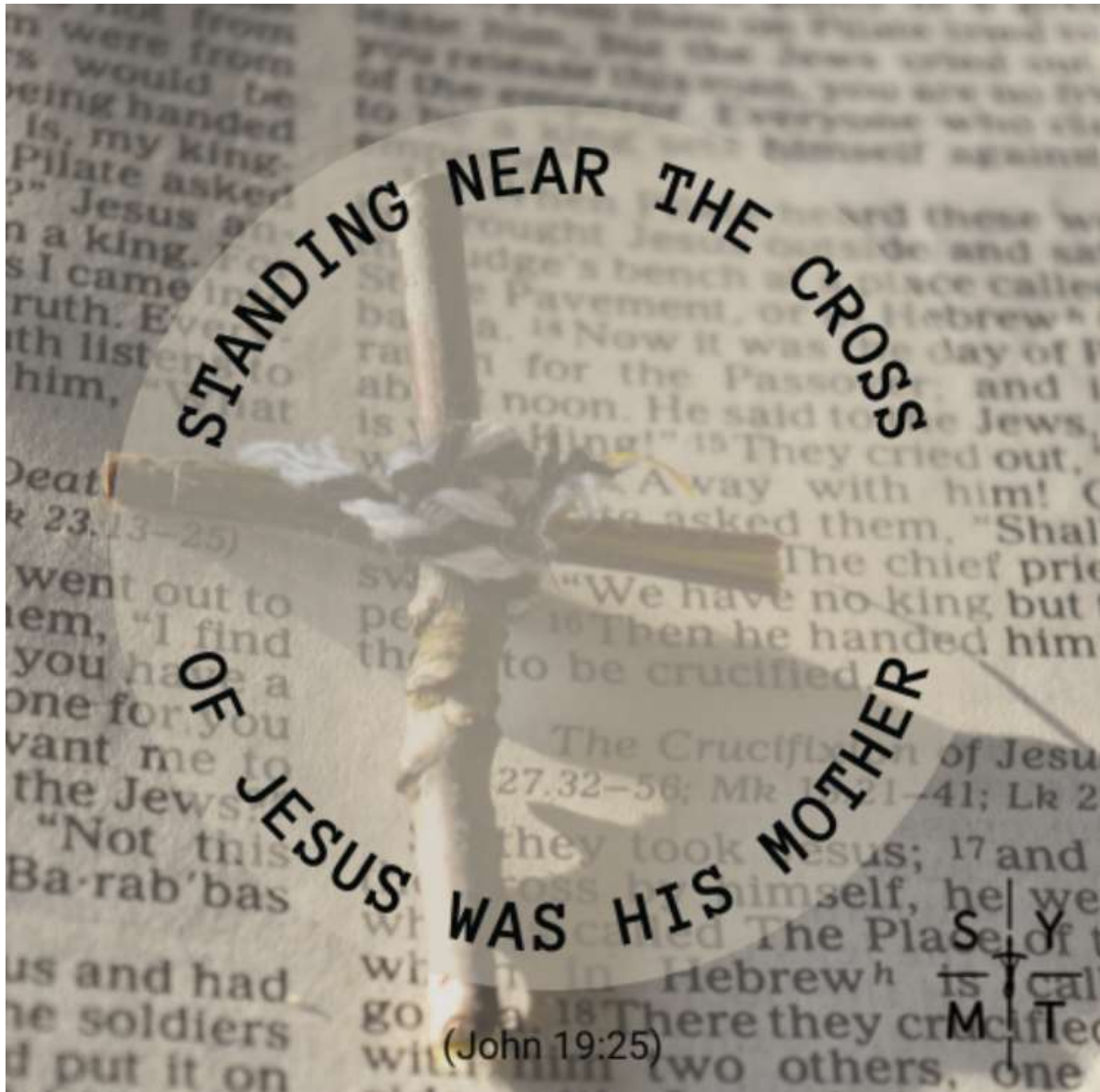




# EPCHS Student 'PD' Bulletin #51

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

Throughout His life, Mary never left her Son's side. That's why we draw close to her, so she can lead us closer to Jesus.



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





# “Great things happen when you care”

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



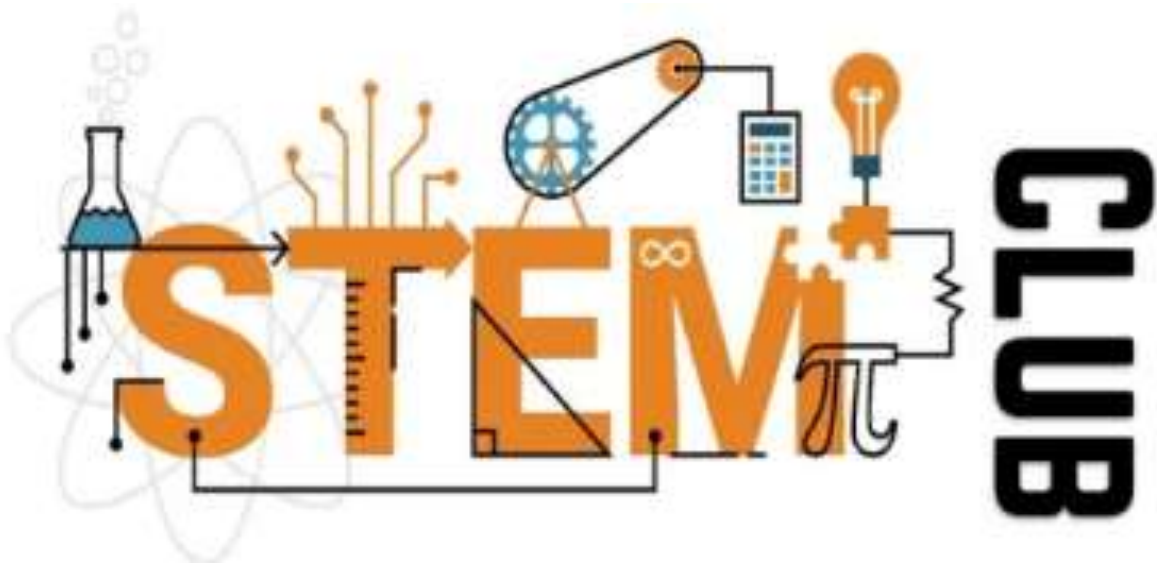
**Our school Equality and Diversity Club are on Teams and will be meeting soon...**

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](https://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](#)

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:**

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...

APRIL 1945, A NATION AWAITS ITS...  
**DOWNFALL**

**KEY STAGE 3 HISTORY FILM CLUB**

**HOLLYWOOD VS. HISTORY**

THE COURIER

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...

**Good character is not formed in a week or a month. It is created little by little, day by day. Protracted and patient effort is needed to develop good character.**

HERACLITUS



Letters for the Duke of Edinburgh's Award are now available from Mr Hughes

**Year 9 – Bronze Award**

**Year 10 and above – Silver Award**

For further information of to find out more check out:

[www.dofe.org](http://www.dofe.org)



**YOUTH  
WITHOUT  
LIMITS**



**Because there's no better way to... try new things, meet new people, discover new talents, learn new skills, see what you're made of, give to your community, feel more confident, make a difference, recognise your potential, boost your wellbeing – and know that whatever life throws at you, you're ready.**



**So what are you waiting for?  
Join DofE at [www.dofe.org](http://www.dofe.org)**

# 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?

	<b>Reach out</b> These are unusual times! Often talking things through with a loved one will help		<b>You time</b> Schedule downtime to do something you enjoy
	<b>Plan</b> Create a revision schedule but remember to include breaks!		<b>Eat &amp; drink well</b> Go for healthy food and stay hydrated
	<b>Shh!</b> Work somewhere where you can concentrate and put your phone down to avoid distractions		<b>Zzz...</b> 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.

### **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.**

## 6<sup>th</sup> Form information and activities...

### **UK University Search: Russell Group Virtual Fair: 29th September: 12pm- 7pm**

The Russell Group Virtual Fair will give you the opportunity to speak directly to all 24 Russell Group Universities. There will be 13 webinars (which will also be recorded and available to stream on demand until 13th October). Each university will have representatives and experts waiting to answer your questions, you will be able to visit stands, view virtual campus tours and participate in live webinars and download documents. To register or for more information, please go to <https://russellgroup.vfairs.com/>

### **'Student Life at Russell Group Universities': Webinar: 27th September: 4.30pm**

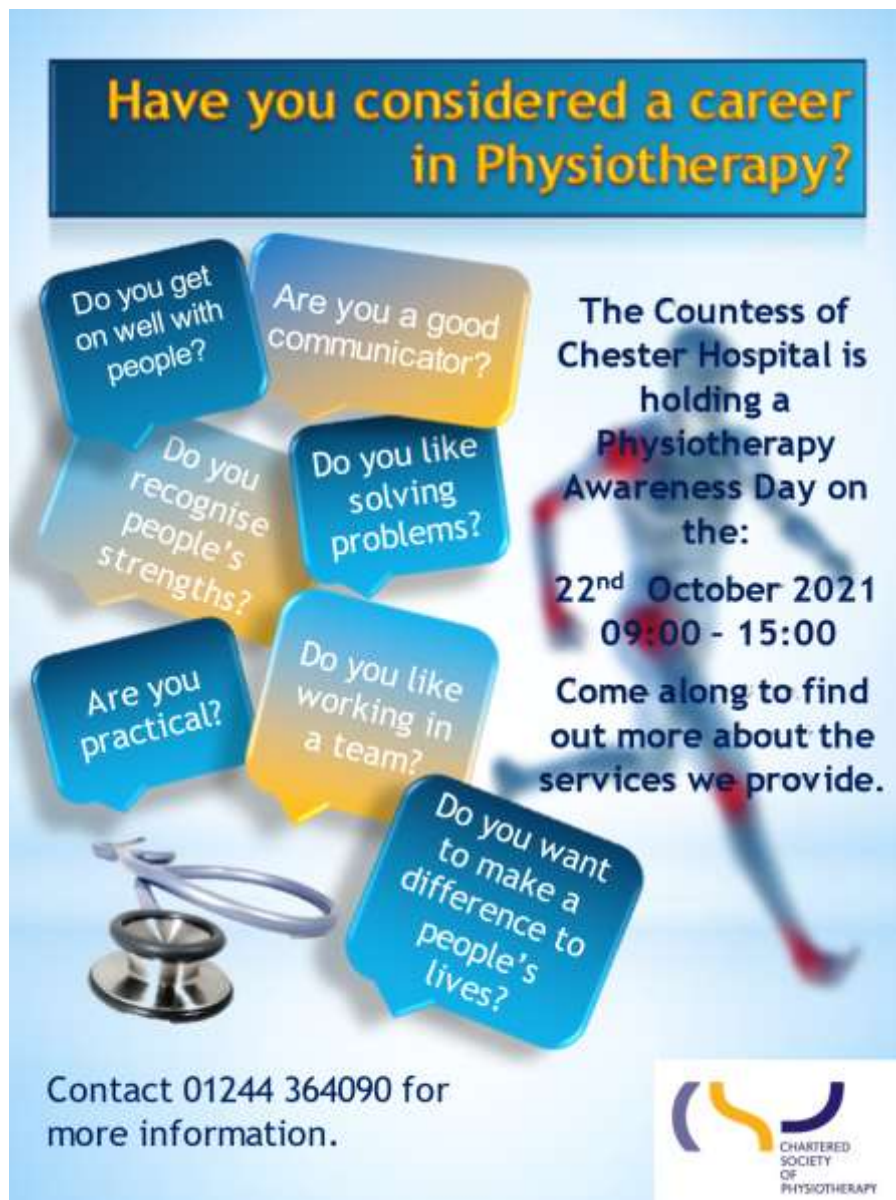
Hear from a panel of current university students as they discuss the university applications process, admissions, employability, and what life is really like at a Russell Group university. The webinar will be presented by students from Durham University, Queen's University Belfast, University of Nottingham, University of Leeds, University of Sheffield, University of Exeter, Cardiff University and University of Edinburgh. To register, go to [https://vfairs.zoom.us/webinar/register/WN\\_6GeqnX05Sma7kOLo4cR6xO](https://vfairs.zoom.us/webinar/register/WN_6GeqnX05Sma7kOLo4cR6xO)

### **IGH free virtual employability webinars – 29<sup>th</sup> 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 **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>



The poster features a blue background with a blurred image of a person in athletic wear running. At the top, a dark blue banner contains the text 'Have you considered a career in Physiotherapy?' in yellow. Below this, several speech bubbles in blue and yellow contain questions: '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?', and 'Do you want to make a difference to people's lives?'. A stethoscope is positioned at the bottom left. On the right side, text provides event details: 'The Countess of Chester Hospital is holding a Physiotherapy Awareness Day on the: 22<sup>nd</sup> October 2021 09:00 - 15:00'. Below this, it says 'Come along to find out more about the services we provide.' At the bottom left, contact information is given: 'Contact 01244 364090 for more information.' At the bottom right is the logo for the Chartered Society of Physiotherapy, which consists of a stylized 'C' and 'S' in blue and yellow, with the text 'CHARTERED SOCIETY OF PHYSIOTHERAPY' below it.

**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:  
**22<sup>nd</sup> October 2021**  
**09:00 - 15:00**

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

Contact 01244 364090 for more information.

CHARTERED SOCIETY OF PHYSIOTHERAPY

If you are interested in a career in Physiotherapy, the Countess of Chester Hospital are hosting an awareness day on 22<sup>nd</sup> 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.

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 