

EPCHS Student 'PD' Bulletin #30

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















Your time, your words, your presence REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF DO WHAT YOU CAN, ENJOY WHAT YOU DO, MOVE YOUR MOOD

Let us pray...



....Amen

Do you follow the school social media platforms? If not, follow today and keep up to date with everything school related and more...





The Everest Challenge...

Do you have what it takes to conquer the Everest Challenge? To climb the tallest mountain in the World? To push you mind-set, develop you resilience and make it count. This is your chance to challenge yourself, your class mates, you're your group, the other year groups and the staff!



THE AIM

Complete the activities outlined each day - these will be posted on your year group teams to remind you!

The activities will help develop some of the skills needed to climb Everest – **strength**, **resilience**, **character**.

Each day, when you complete the activities, follow the link on the Team page to complete the 'Everest Form'.

- Each day you complete the challenge will get you 10 points for your Year Team.
- The year group who has the most points will be the winner!
- You will be competing against other year groups and the staff!



ACTIVITIES TIMETABLE

Day	Activities
I	8,000 steps 50 press ups 100 sit ups
2	10,000 steps 50 squat thrusts A total of 3 minutes plank
3	10,000 50 burpees 50 press ups
4	Yoga – link with YouTube video
5	12,000 steps 75 dips 100 sit ups



#MakeltCount

ACTIVITIES TIMETABLE CONTINUED







BURPEES EXERCISE

CHALLENGE

#MakeltCount

THE EVEREST CHALLENGE

Wellbeing Wednesday

February 3rd, 2021



This afternoon is all about you...

- During lockdown we must not forget to look after ourselves.
- That is why this afternoon we want to support you in moving away from your computer screens and engage with something different.
- Over the next 5 slides you will find a series of activities from the Personal Development Team.
- Pick one, two or even three if you wish, and this afternoon give them a go...so what are you waiting for!



Strava Art...

- · Last summer Mr Hughes got creative...
- We are therefore challenging you to produce a piece of Strava Art (other trackers are available)
- Could you create a running man like opposite or write out a positive word?
- Be creative this afternoon and share your 'Art' on the All Students page.

We can't wait to see them!





Mindfulness Moments

- Pay attention. It's hard to slow down and notice things in a busy world.
 Try to take the time to experience your environment with all of your senses touch, sound, sight, smell and taste. For example, when you eat a favorite food, take the time to smell, taste and truly enjoy it.
- Live in the moment. Try to intentionally bring an open, accepting and discerning attention to everything you do. Find joy in simple pleasures.
- Accept yourself. Treat yourself the way you would treat a good friend.
- Focus on your breathing. When you have negative thoughts, try to sit down, take a deep breath and close your eyes. Focus on your breath as it moves in and out of your body. Sitting and breathing for even just a minute can belo.
- Colour. Print a colouring sheet and concentrate on colouring each part carefully, taking time to select the colours and meeting each line with the colour.

Mindfulness Moments

You can also try more structured mindfulness exercises, such as:

- Body scan meditation. Lie on your back with your legs extended and arms at your sides, palms facing up. Focus your attention slowly and deliberately on each part of your body, in order, from toe to head or head to toe. Be aware of any sensations, emotions or thoughts associated with each part of your body.
- Sitting meditation. Sit comfortably with your back straight, feet flat on the floor and hands in your lap. Breathing through your nose, focus on your breath moving in and out of your body. If physical sensations or thoughts interrupt your meditation, note the experience and then return your focus to your breath.
- Walking meditation. Find a quiet place 10 to 20 feet in length and begin to walk slowly. Focus on the experience of walking, being aware of the sensations of standing and the subtle movements that keep your balance. When you reach the end of your path, turn and continue walking, maintaining awareness of your sensations.
- A piece of music will be supplied.



Make your own playlist...

Use this as a chance to reconnect with your favourite songs and some you might have forgot!

Ideas for your own playlist could be:

- Emotions (why not make a happy playlist and share it?)
- Your favourite song from every year in the last decade
- III. Songs from movies
- IV. A playlist for a family member (show you like your parents' music!)
- V. Soundtrack of your life!







Mr Phelan's playlist

My favourite songs from every year in the last decade.

2010 - Stereo Love (Edward Maya, Vika Jigulina)

2011 - Levels (Avicii)

2012 - Call me maybe (Carly Rae Jepsen)

2013 - Antenna (Fuse ODG)

2014 - A Sky Full Of Stars (Coldplay)

2015 - Where Are U Now (Justin Bieber, Jack U, Diplo, Skrillex)

2016 - Call On Me (Starley, Ryan Riback)

2017 - It Aint Me (Kygo, Selena Gomez)

2018 - One Kiss (Dua Lipa)

2019 - Blinding Lights (The Weeknd)

Let me know why your playlist is better than mine...

Sharing Positivity in the Community...

The COVID pandemic is a stressful and challenging time for families and communities. It is important to promote positivity and a sense of calm as we navigate these unprecedented times together. One way we can do this is by finding inspiration amid the uncertainty.

Under stay-at-home orders, the outdoors is one of the few places we can go to get out of the house. Many of us who have gone to our local parks or taken walks through our neighbourhood have spotted rainbows on windows and buildings to spread hope, particularly during the first lockdown.

Some people have said that seeing the drawings on their walk reminds them that they aren't going through the pandemic alone.

This is our chance to promote positivity in our school community and, amongst the Ellesmere Port community.

Can you design a poster with a message of positivity on? Could you then put this up in your window or send a picture to Ms Edwards for it to be shared on our school website?

"You must be the change you want to see in the world." Mahatma Gandhi.











We hope you have a fantastic afternoon, enjoy the activities and please do share your thoughts via the Year Team page. We would love to see what you got up to!

STEM & Medical Sciences Work Experience

Ages 12-18 Live Online or In-Person at UCL



For further information follow the link:

https://mailchi.mp/investineducation/stem-summer-internships-998427?e=8c289ee429



Construction Insight Event this Tuesday 2nd February from 5.00pm-7.00pm. To register, click here: https://www.eventbrite.co.uk/e/cheshire-and-warrington-construction-industry-insight-event-tickets-137295202647

Employers and training providers will be on hand to explain different job roles and pathways into the sector and to answer questions.

The Construction industry is a vast and growing sector. Beyond employment in the well-known trades such as bricklaying, plumbing and plastering there are professional roles in project management, engineering and architecture, and support roles such as client management, HR, Finance and IT. To give a taster for the event, you may like to view this page showing the top 10 jobs people may not have considered in Construction

https://www.goconstruct.org/why-choose-construction/whats-happening-in-construction/10-top-construction-jobs-you-might-not-have-considered/

Please make sure you register for the event as a zoom link will be sent prior to the event.

Mrs McHugh's Library News

Don't forget the myON Reading Portal this Lockdown...



The reading portal myON, is now available to all students in years 7 to 11. myON recommends books according to reading preferences. Fiction and non-fiction titles are available. myON is a great way to read around the curriculum to help support you with study and homework.

Please speak to Mrs McHugh in the library for reading suggestions on myON or ask your subject teacher for something to support your learning in class.









TECH Support...

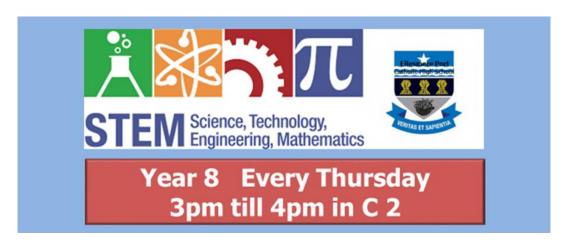
If you experience any technical difficulties, our IT support team are ready to help.

They can easily be contacted by email using the address helpdesk@epchs.co.uk



Year 8 STEM Club is on every Thursday...

Year 8 don't forget to check in to your STEM Team, Mr Hickman is on-line and setting some interesting challenges over the coming weeks. Let him know you are still interested by sending him a big hello!



Please do everything you can to halt the spread of the Corona Virus in our community...





"Great things happen when you care"



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

Be the change you want to see in the World...

Year 11 into the 6th Form information...



Due to Covid-19 our normal term of activities will unfortunately not be taking place. To support your next steps post 16, we will therefore be doing things a little differently, which are explained below:

- All subject areas have produced a PowerPoint/video in which they outline their courses. These will
 be available on the school website towards the end of this month and you will be informed when
 they are available.
- In March an online application form for initial choices will be sent out and all students will then be added to a Future Year 12 Microsoft team. This will mean the 6th form team can communicate with them regularly and involve them in some of our extra-curricular activities.
- Mrs Henderson will be meeting with each student to discuss your choices etc.
- In the summer, when they have your final results, you will be given a final application form in case you have changed your minds about subject choices.

For further information or to ask any questions please contact Mrs Henderson on l.henderson@epchs.co.uk or message via Teams.



UCAS Apprenticeship Week...



This <u>National Apprenticeship Week (Monday 8 February – Friday 12 February)</u> UCAS are hosting a week of dedicated live sessions, information, and advice about everything to do with apprenticeships! Each day students will discover something new about what's on offer and what's involved in studying while working.

Students can book now to have the opportunity to:

- speak to employers and providers offering apprenticeships in their virtual exhibition hall.
- find out if an apprenticeship is right for you and how to choose from all the options.
- get expert advice on what it takes to make a winning application and deliver a knock-out interview.

RAF LEARN LIVE - WEDNESDAY 3 FEBRUARY 2021, 6PM - 9PM

If you are interested in a career in the Royal Air Force,

the RAF Learn Live event is taking place on

Wednesday 3 February from 6pm - 9pm.

You will need to register for this event prior

to the start time.

Please use the link:

https://learnliveuk.com/partner/raf-careers/





Dear pupils,

Introducing SAM Learning

At school we are always looking for ways to extend our pupils' learning. Part of our improvement programme involves the use of SAM Learning, a unique online service that offers multiple subjects. Studies show that pupils achieve 2 GCSE grades on average better than expected with as little as 10 hours or more use of SAM Learning.

Access Details

As one of our pupils, you are able to access the service at anytime and anywhere, whether you are at school, but also at home, in the library and community centre – and it works on any device, from smartphone to home PC. All you need to do is visit the website and enter your unique login details:

Website address: www.samlearning.com

Centre ID:	CH65EP
User ID:	Date of birth followed by two initials: first name then last name.
	010806DJ is the User ID for David Jones, born 1 st August 2006.
	230209SK is the user ID for Sandeep Kaur, born 23 rd February 2009.
Password:	Initially same as your User ID, you are encouraged to change this to
	something difficult to guess.

It is advised that you keep a record of your access details in a diary, exercise book or somewhere safe.

Getting Started

When you first log in, you will be able to set up your own Avatar – which you can customise, as you complete challenges – as well as link with your friends to compete in challenges.

Your teachers will show you how to use the service and you might wish to show your parents how it works. The service enables your homework to be set and marked online, which means you can easily see how well you are getting on.

We hope that you are able to take full advantage of SAM Learning and wish you the best of luck in your studies.

Yours sincerely,

Mr M Cavanagh

Assistant Headteacher - Teaching and Learning

Learners – follow this to log in.



Go to: www.samlearning.com
(a link for this is on our school website)

Our Centre ID: CH65EP

Your Username: ddmmyyii
(date of birth and initials e.g., David Jones would be 020115DI)

Password: same as username
(please change this when you first log in)

You will see your homework on the



Information for 6th Form

Youth Fed have an exciting opportunity for all young people aged 17-19 in the Chester and Ellesmere Port area.

They are offering **FREE ACCESS** to their skills builders sessions during and after lockdown!

They run a variety of skills building, confidence boosting and CV enhancing workshops and sessions. These will enable students to develop vital life skills, boost your chances of gaining employment and provide you with that much needed confidence boost during this difficult time.

Sessions on offer are listed below:

- 1. Mental health awareness sessions (3x 90 min sessions)
- 2. Accredited emergency first aid at work (3 hour sessions or 2 x 90min sessions)
- 3. Tackling substance abuse (Evolve) (1 hour long)
- 4. Be Internet Citizens (Internet safety awareness) (flexible sessions)
- 5. Visualisation for your future! (how to reach your goals and realise your value) (1x 90 mins session)
- 6. Barriers to achievement and how we can overcome these. Confidence building and developing a positive mental attitude (PMA). (1x90 min session)
- 7. Understanding your skills and a CV (1x 90 mins session)

All sessions are delivered virtually

There are spaces for these sessions over the lockdown period, however, spaces are LIMITED.

To book onto a FREE slot please let Mrs Boothroyd know as soon as possible and which ones, so we can arrange with Youth Fed. Thanks.

CAREERS ADVICE AND GUIDANCE...



HSBC Work Experience:

We have some really exciting news to share, HSBC Work Experience is now live!

Opportunities across the whole of the UK, in financial services, investment banking, marketing, digital, compliance and HR.

The Work Experience opportunities will be available through June to August 2021 and will be 1-week long.

Open to all secondary school students in Y10, Y11, Y12 and Y13, applications close on 21st February!

If you have any questions about applying, please get in contact!

Application Link:

https://bit.ly/3rjRjT2

Marks & Spencer's Webinar:

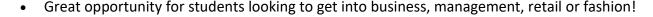
2020 has proven how much retail means to our communities, so why not be a part of transforming it at one of the UK's most iconic brands.

M&S are recruiting Retail Management and Fashion apprentices across the UK, giving you the ultimate fast track to managing your own department and looking after multi million pound budgets, all while being coached and mentored by their retail management experts.

If you'd like to consider applying for a M&S apprenticeship program and are interested in Business, Retail, Management or Fashion then you can find your unique sign up application link below to this webinar!

Key Details:

- Thursday 28th January, 5pm 6pm
- Insight to M&S (one of the UK's most iconic brands)
- Open to all Y12 / S5, Y13 / S6 and Y14 students





Webinar Application Link:

https://www.research.net/r/Marks-Spencer-Webinar

Work experience opportunities at STFC Daresbury Laboratory

STFC Daresbury Laboratory is a government funded Lab, working mainly in the fields of Engineering, Physics and Scientific Computing. Every summer they offer work experience to high school students, aged 14-18.

Applications for the 2021 programme will open in January 2021

To find out more about the online work experience programme, please take a look at their website: https://stfc.ukri.org/about-us/work-with-us/work-experience/workexperienced/. The application form will go live on their website from January. Students who apply will be asked to describe why they are interested in taking part in the programme and provide some information about their predicted grades. All students who apply will be invited to take part in a webinar series, which will run throughout the summer and successful applicants will be invited to take part in a week-long interactive project, which meets Gatsby benchmarks. The dates for these placements are provisionally 28 June – 2 July, 5-9 July and 12-16 July.

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





HOW STUDENTS CAN SUPPORT DURING LOCKDOWN



















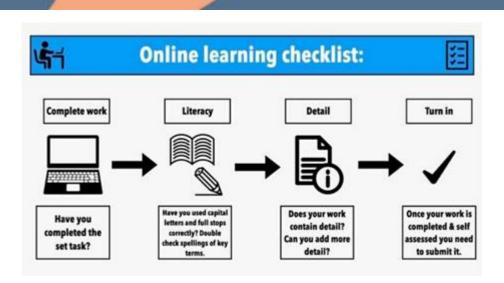


Engage in some group online exercise. This can help boost mood and reduce stress and anxiet



Encourage each other to stay connected and to engage in regular activities that provide a sense of pleasure and achievement. Schedule these activities into a weekly diary and share with each other





Thought for the week...





#TheEPCHSWay #MakeitCount

NOTHING IS IMPOSSIBLE.
THE WORD ITSELF SAYS
'I'M POSSIBLE!'

AUDREY HEPBURN

Mrs McHugh's Library News

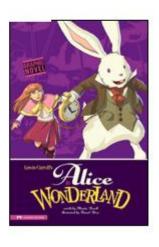


Hello everyone! You may remember from last week's newsletter that students can read *Alice's Adventures in Wonderland* either in its original text or in graphic novel form on myon. As 27th January was Lewis Carroll's birthday, this edition of *Library News* is dedicated to him and his work.

Lewis Carroll books to read on myON:









You may be able to tell from this photo that I love to read Lewis Carroll and I like to collect *Alice* merchandise!

Mrs McHugh's Literary Challenge!

Could students create a book-themed photo for an author they would recommend? Send entries to Mrs
McHugh on Teams by Friday 5th
February. Achievement points and a book voucher will be awarded for the most creative entry!



Lewis Carroll

Quotes

- 'I can't go back to yesterday because I was a different person then.'
- "'What is the use of a book', thought Alice, 'without pictures or conversations?'"
- One of the secrets of life is that all that is really worth the doing is what we do for others.'
- 'Always speak the truth, think before you speak, and write it down afterwards.'

Lewis Carroll Fun Facts

Alice's Adventures in Wonderland and Through the Looking Glass are among the world's most widely-translated books after the Bible and the works of Shakespeare.

There is a special day celebrating silliness on 10th June called Mad Hatter's Day.



Lewis Carroll invented the words 'chortle' (combining 'snort' and 'chuckle') and 'galumph' (combining 'gallop' and 'triumph').



In the 1930s Alice's Adventures in Wonderland was banned in China because the Chinese authorities objected to animals talking like humans!



When Queen Victoria read *Alice's Adventures in Wonderland* she enjoyed it so much that she told Lewis Carroll she wanted to read even more of his work. To her astonishment she received a copy of his latest book on mathematics!

To read even more books by Lewis Carroll, please email libraries@cheshirewestandchester.gov.uk for virtual access to your local library.

Daily Wellbeing Challenges...

This week see's the start of the EPCHS Daily Wellbeing Challenges...and we can't wait to see how you get on...

Monday - Toilet Roll Keep-ups
Tuesday - Review of favourite film / TV show
Wednesday - Health and Wellbeing Questionnaire
Thursday - The Plank Challenge
Friday - The Meal Deal



Mr Phelan and Mr Lewis will be sharing the challenges daily on your Year and Whole School Team's. A PowerPoint with instructions and short video, will see members of staff attempting the challenges.

Share your efforts on Teams and let's see who can beat the teacher!

Careers guidance and more...

A message from The Pledge...

Dear Student

This email is to invite you to take part in our **Deep Dive workshops** that begin next week and run through until the end of Feb.

At the workshops that range from 30 – 50 mins, you can find out in more detail things like:

- How to apply for apprenticeships
- What life at university is like
- How to make your CV stand out by using Canva
- Beginners intro to coding
- Intro to digital drawing

If you are 16 or over you can also take part in

- How to set up a LinkedIn Profile
- How to present yourself on Zoom for interview

Please see this <u>REGISTRATION FORM</u> to get booked, many of the workshops have limited spaces so be quick!

Please also note, as spaces are limited, you must let me know if you can't attend after signing up.

Thank you very much indeed. Best wishes

Lizzy Parkin
Cheshire and Warrington Growth Hub



















National Apprenticeship Week 2021...

★ RATEMY**APPRENTICESHIP**

Virtual event 1pm – 5pm on 3rd and 4th February 2021

A chance to find out about apprenticeships, get top tips from employers and get ahead in your career. Follow the link to register

https://pages.ratemyapprenticeship.co.uk/virtual-event-cdi/?utm_source=external-email&utm_medium=email&utm_campaign=middle-

<u>stage&utm_content=cdi&cid=TT4mu9GGJx_Qfo6MG4lsk_CBntl_PFgnLVBwuHQUNnTKX_id-dpQ5tTWkx-rMGMeAk-2l1lY8KXVZHP9Tx5PuA..</u>



Virtual Open evening 10th February. Click the lick to register

https://www.eventbrite.com/e/daresbury-laboratory-apprenticeship-virtual-open-evening-2021-tickets-133827889821

Engineering vacancies for 2021

https://www.findapprenticeship.service.gov.uk/apprenticeship/-567982

https://careersportal.co.uk/UKRI-careers/jobs/advanced-higher-engineering-apprenticeship-stfc-203

Warrington Apprenticeship Fair

A range of local employers and advice for your future. Wednesday 3rd March 6pm – 8pm



The theme for this year's event - Build the Future...

We are very pleased to be supporting National Apprenticeship Week (NAW) next month on the 8th - 14th February. The theme for this year is 'Build the future' focused on how employers train, retain and achieve with apprenticeships. If you're interested in taking part, download the NAW Campaign toolkit. We'll be sharing the success stories of some of our apprentices and employer partners as well as hosting events including a Degree Apprenticeship Open Evening and a series of Employer Webinars. Our employer webinars will cover specific programmes we offer and provide employers with an overview

of how degree apprenticeships work, the funding available, plus why they would benefit from committing their time and resources to exploring the degree apprenticeship route. There are dedicated webinars exploring our Nursing, Leadership and Management, Laboratory Scientist, Health and Social Care and Digital Apprenticeship programmes. Find out more below.

https://recruitmentmarketingapprenticeships.cmail19.com/t/ViewEmail/y/86A85DDE350C5AD82540EF23 F30FEDED/CEA216DCF9887F3E3FEC1D8A50AFD3BD



Enrol for the National YAAN Quiz Night

https://www.eventbrite.co.uk/e/national-young-apprentice-ambassador-network-naw-quiz-night-tickets-137579368595



Barclays Apprenticeship Career Sessions (North West England)

Barclays are hosting a series of virtual career sessions to provide more information for young people and their families about Apprenticeships at Barclays and our diversity networks.

Spaces are limited so please register your attendance as soon as possible.

Monday 1 February 2021, 17:00-18:00, Women in Banking/Apprenticeships

https://eu.eventscloud.com/apprentice-event1.2.21

Tuesday 2 February 2021, 17:00-18:00, LGBTQ+/Apprenticeships https://eu.eventscloud.com/apprentice-event2.2.21

Wednesday 3 February 2021, 1700:1800, Multi-Culture/Apprenticeships

https://eu.eventscloud.com/apprentice-event3.2.21

Thursday 4 February 2021, 1700:1800, Disability, Mental-Health, Neurodiversity/Apprenticeships

https://eu.eventscloud.com/apprentice-event4.2.21

Friday 5 February, 1700:1800, Apprenticeships

https://eu.eventscloud.com/apprentice-event5.2.21



Learn Live Apprentices Daily Broadcast 6pm

A series of interviews from a range of apprentices to promote the pathway and range of roles available in your region. Local businesses will also be on the LIVE CHAT during the broadcast to answer any questions you might have about apprenticeship opportunities within their companies. To join these LIVE broadcasts, please click on the following link: https://learnliveuk.com/apprentices-live/



Wednesday 10th February - National Apprenticeship show

Find out about apprenticeships available at AstraZeneca – Chat to current apprentices. Register here https://nas.vfairs.com/



Resources to support the National Apprentice Week https://www.inspirationallearninggroup.co.uk/about-us