



Ellesmere Port Catholic High School

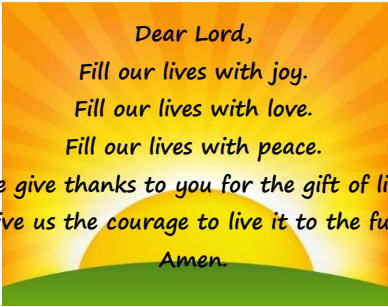
Wk. 2 PARENT BULLETIN 1st Feb 2021

Our Vision...
Excellent teaching.

Our Vision...
Strong Catholic ethos.

Our Vision...
Exemplary behaviour and personal standards.

Our Vision...
Ensuring every child is known.



Our Vision...
At the heart of the community.

Our Vision...
High expectations of everyone.

Our Vision...
Excellent leadership at all levels.

Our Vision...
Keeping children safe in education.

Week at a glance...

	Mon 1 st	Tue 2 nd	Wed 3 rd	Thu 4 th	Fri 5 th
	08:45am – 09:00am: FORM TIME FOR ALL STUDENTS				
	Everest Challenge				
	Wednesday Afternoon: Wellbeing Wednesday				
Year 7	Remote Learning (Key Worker & Vulnerable Students only on site)				
	Everest Challenge				
	Wednesday Afternoon: Wellbeing Wednesday				
Year 8	Remote Learning (Key Worker & Vulnerable Students only on site)				

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	Everest Challenge
	Wednesday Afternoon: Wellbeing Wednesday
Year 9	Remote Learning <i>(Key Worker & Vulnerable Students only on site)</i>
	Everest Challenge
	Wednesday Afternoon: Wellbeing Wednesday
Year 10	Remote Learning <i>(Key Worker & Vulnerable Students only on site)</i>
	Everest Challenge
	Wednesday Afternoon: Wellbeing Wednesday
Year 11	Remote Learning <i>(Key Worker & Vulnerable Students only on site)</i>
	Everest Challenge
	Wednesday Afternoon: Wellbeing Wednesday
Year 12	Remote Learning <i>(Key Worker & Vulnerable Students only on site)</i>
	Everest Challenge
	Wednesday Afternoon: Wellbeing Wednesday
Year 13	Remote Learning <i>(Key Worker & Vulnerable Students only on site)</i>

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Headteacher Message

Dear Parents and Guardians,

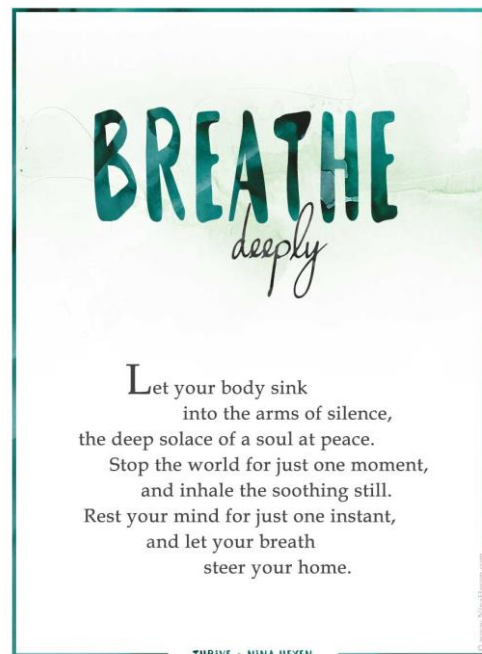
Thank you for your amazing support during the last 4 weeks. We look forward to Wellbeing Wednesday and the challenges that the Wellbeing team have come up with that can support our mental health and wellbeing – please see details below.

Another exciting development this week is the launch of an online revision resource which we are encouraging students to use – SAM Learning. Details of this and how to log in have been emailed to parents and students this morning (Friday 29th January).

Please continue to stay safe and let us know if there is anything we can help with.

We all wish you a peaceful weekend.

Mrs Vile



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Notifications

- **Term dates**

Our 2021-22 term dates are now available to view on our website:

[Term Dates – Ellesmere Port Catholic High School \(epchs.co.uk\)](https://www.epchs.co.uk)

- **Remote Learning Assessments – English**

Dear Parent/Guardian,

Firstly, thank you for your ongoing support with your child's English lessons during this period of remote learning.

In order to ensure we are able to monitor progress and support your child in their learning, we are organising an assessment week in the final week of this half term for Year 11. There will be one extended writing assessment where they express their viewpoint on a given topic. The second assessment will be a question on An Inspector Calls. The lessons over the next two weeks will support them being successful in these two pieces.

Please encourage your child to attend and engage in the lessons in the upcoming weeks to support them in their learning.

Yours faithfully

Mrs E Woolmer
Curriculum Leader for English

- **Launching SAM Learning**

Dear Parents / Guardians,

We wanted you to know that your son/daughter has 24/7 access to SAM Learning - an online revision resource.

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SAM Learning contains thousands of revision activities, across many KS3 and GCSE subjects - and is particularly good for quick review checks on learning.

To login, your child needs:

The website address: www.samlearning.com

Our school centre ID: CH65EP

Their username: their date of birth followed by initials, in the format DDMMYYII

Their password: if they have not yet logged in, this is the same as their username.

*Examples: 010806DJ is the User ID for David Jones, born 1st August 2006.
230209SK is the user ID for Sandeep Kaur, born 23rd February 2009.*

Please encourage your daughter/son to log in and do some revision activities - taking around 15 minutes each, they are ideal to be done in small time gaps - research has shown that this really can help with GCSE results.

Good luck!

Mr M Cavanagh
Assistant Headteacher

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SAM Learning Learner Guide: Accessing Activities

Step 1: Sign in to SAM Learning



Go to: www.samlearning.com

Centre ID: **CH65EP**

Username: *ddmmyyii*
(your date of birth and initials)

Password: *ddmmyyii*
(the same as your username at first)

Step 2: Select 'My Set Tasks'

Step 3: Choose a task you have been assigned

Set Task Title	Task	Activity Name	Due
Maths - 1	Algebra	Algebra - 1	
Maths - 2	Algebra	Algebra - 2	
Maths - 3	Algebra	Algebra - 3	

OR...

Step 2: Select the 'Activities' tab



Step 3: Filter by Key Stage, Subject, Exam Board and Topic

Step 4: Choose an activity to complete



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- Wellbeing Everest Challenge



Dear Parent/Guardian,

I am writing to inform you Ellesmere Port Catholic High School have created a Wellbeing Challenge which we are asking students to take part in over a ten-day period starting on Monday, February 1st. The Everest Challenge is designed to improve physical and mental wellbeing, develop resilience and give our students chance to work as part of a team during lockdown. It will be an excellent way for students to reconnect with their peers and staff, in a safe way through some friendly competition.

As part of the Everest Challenge, students will be asked to complete a series of activities each day and once completed, students will be able to log these via a Challenge Form shared on their year groups Team.

Students, year teams and staff will be competing against each as part of our Everest Challenge. Further details of the challenge will be shared with students via the morning assemblies with Pastoral Leads, in their PE lessons and on the Microsoft team's page daily.

The competition will begin on Monday, February 1st at 9am.

The competition will end on Wednesday, February 10th at 4:30pm.

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Regular updates will be shared on the school's Facebook and Twitter social media pages, highlighting where each form group has virtually travelled up Mount Everest, along with messages from staff. Students can, if they wish, also upload photos onto teams or via the chat facility with form tutors to share on social media with permission from home.

Thank you for your continued support.

Mr M Hughes

Assistant Headteacher (Personal Development)

- **Wellbeing Wednesday – 3rd February**

This Wednesday will see our first wellbeing afternoon across the school. Students have been working amazingly well, and as a way of rewarding them for their fantastic effort and to support their wellbeing, we are asking them to close their screens at 12.15 lunch time, to do something enriching.

From Strava Art to Mindfulness Meditation, we have a number of activities which they can engage in. All we ask is they share on Thursday morning during registration, their afternoon's activities with either a post or photo on their Year Teams page. We can then celebrate all things positively as a school community during this global pandemic.

If you also wish to share via our social media platforms, twitter **@EPCH_School** or Facebook, that would be fantastic!

Thank you for your continued support and please, where possible, join in with your child during the afternoon's activities because everyone's wellbeing is important.

Mr M Hughes

Assistant Headteacher (Personal Development)

- **EPCHS Health and Wellbeing Survey**

Next week we will be asking students to complete a short questionnaire to help improve and enhance the educational experiences of students while we are in a lockdown. The questionnaire will be completely anonymous, and no student will be identifiable from their

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answers. Further information relating to the survey can be found in the attached letter from Mr Lewis. If you have any concerns, please do not hesitate to speak to either Mr Lewis (D.lewis@epchs.co.uk) or Mr Hughes, Assistant Headteacher for Personal Development (michael.hughes2@epchs.co.uk)

- **School consultation on RSE**

In line with Department for Education, changes to the teaching of RSE in schools and through the continued development of our Personal Development program, an important letter is attached. Please take the time to read carefully, follow the links included and complete our consultation questionnaire by Friday, February 12th.

If you have any questions please contact Mr. Hughes, Assistant Headteacher for Personal Development via email: michael.hughes2@epchs.co.uk

- **Message about pick-up/drop off of school children from Public Health England**

In September the Director of Public Health, in partnership with the Education Department, wrote to all schools to recommend the introduction of some additional precautionary measures. Here is a reminder of these measures:

- All adults to wear a face covering when visiting or entering the school premises including outdoor yard areas.
- Parents/carers to arrive and leave promptly when dropping off/collecting their child – please do not congregate and maintain social distancing as we know that the virus is easily transmitted from person to person.
- In schools where it has been agreed that a parent/carer can enter the school premises for drop off and pick up, only one adult should enter.
- All staff to wear face coverings when they come out onto the playground during drop off and pick up times.
- Young people to avoid congregating outside school and mixing with other schools and go directly home.

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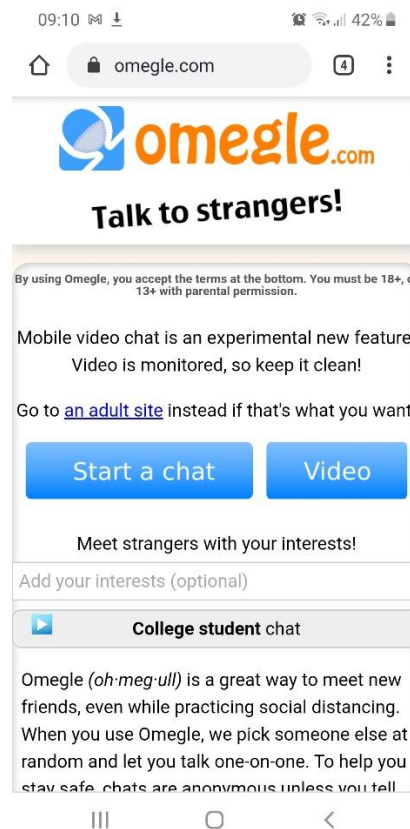
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- **Concerns re. Omegle site**

Omegle has been around for some time, however Police are getting numerous reports that children are accessing the site and in contact with unknown individuals. Please be vigilant.



- **Remote Learning Accreditation -Training for Parents and Guardians**

Ellesmere Port Catholic High School has successfully completed a comprehensive online safety training programme demonstrating its commitment to keeping children and young people safe online. We have now received a National Online Safety Certified School Accreditation.

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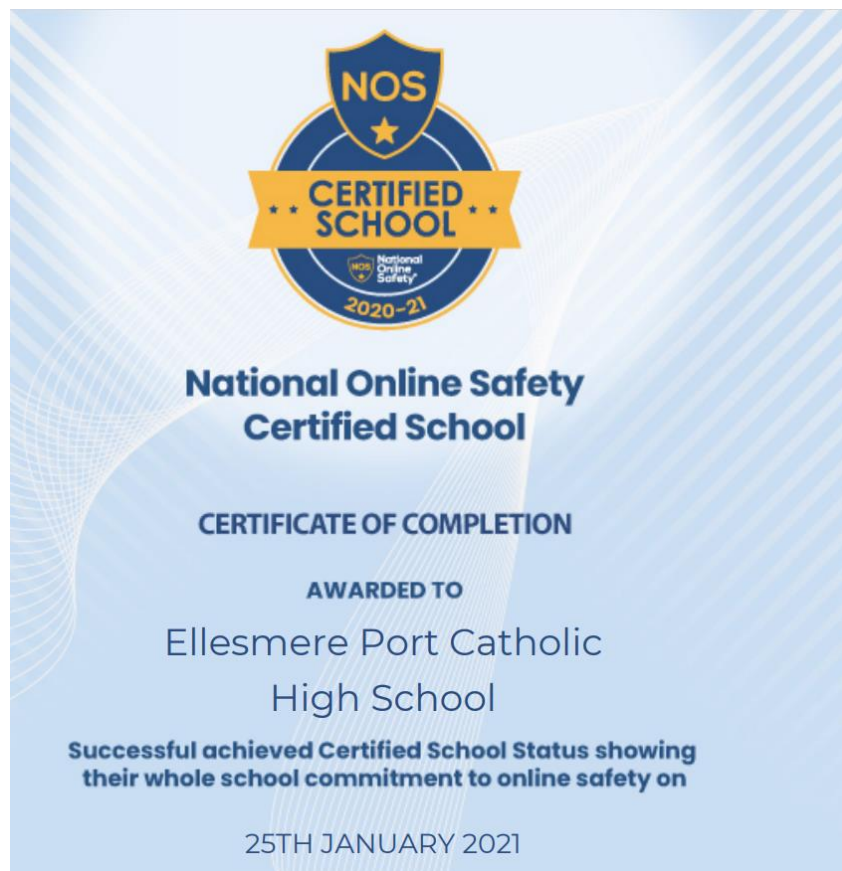
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As parents and guardians you now have the opportunity to gain Online Safety Training through our training provider, National Online Safety. Please access your training on the link below to receive your Online Safety Training Certificate. If there are any issues please contact Mrs C Murphy (c.murphy@epchs.co.uk) - Digital Safety Lead and CEOP Ambassador

<http://nationalonlinesafety.com/enrol/ellesmere-port-catholic-high-school>



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- Safer Schools and Young People Partnership - Newsletter 2



Welcome All,

In the second addition of our newsletter, we are focussing on Mental Health.

Mental health affects 1 in 4 of us we want to provide support to people who may be experiencing mild concerns relating to their emotional and mental wellbeing, which may be contributing to feelings of stress, anxiety and low mood.

Living with a mental health problem can often have an impact on day-to-day life, making things that others might not think about a bit more difficult.

We have put together these tips and guides to help you cope with everyday things like money, work, school and more.

Time to Talk Day - 4 February 2021

The [Time to Talk Day](#) campaign encourages everyone to break down barriers and help change attitudes, by talking about mental health.

Talking about mental health doesn't have to be difficult. Time to Change has free, downloadable [Time to Talk Day](#) resources.



Your Mood this winter

Do you find it more difficult to get out of bed during the winter mornings when the weather is miserable and the sky is darker? If so, you are not alone.

It is very common to feel a bit low during the winter period, which can make it more difficult to do the things we enjoy. The NHS have set up a handy online podcast service that includes a range of free

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to access and downloadable videos and audio guides to help you manage your wellbeing this winter, including tips on:

- *Managing low mood
- *Anxiety control
- *Overcoming sleep problems
- *Controlling unhelpful thinking

Get online now to complete your own mood self-assessment and to get a personalised advice plan on what to do next to improve your mood and wellbeing.

Visit: <https://www.nhs.uk/Conditions/stress-anxiety-depression/>

NHS
North West
Boroughs Healthcare
NHS Foundation Trust

Need urgent help with your mental health?

Live in **Halton, Knowsley, St Helens or Warrington?**
Call us on our new **Freephone number!** We can help.

 **0800 051 1508**

www.nwbh.nhs.uk/help-in-a-crisis

Keeping Well Indoors

We know it's tricky to get out and about as often as we would like due to the pandemic, however there are small steps that you can take to make sure you are keeping yourself well when indoors.

Let the daylight in

During the daylight hours, make sure to keep your blinds/curtains open as much as possible. This reduces the production of the sleep hormone and make us more prepared for the day.

Keep a routine

Aim to keep your daily routine as much as possible. If you are unable to leave the house to attend work or school then use phone calls and services like skype to connect with people. It is important that children and young people log in online to continue with their education, getting up at the normal time and getting dressed ready for their day ahead.

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Get a good night's sleep

Getting a healthy amount of uninterrupted sleep is key. It is very tempting to go into hibernation in this cold weather, but that doesn't mean you should snooze for longer!

Research has shown that sleeping too much can leave you feeling lethargic.

Do something enjoyable every day, having a hobby, or enjoyable activity is key to maintaining positive wellbeing especially when we are stuck indoors.

For more tips on maintaining a positive wellbeing, visit:

www.happyoksad.org.uk



Shout is the UK's first free, confidential, 24/7 text support service, a place to go if you are struggling to cope. Shout helps with a range of issues including anxiety, depression and suicidal thoughts, relationship problems, bullying or if you are feeling overwhelmed.

Lockdown is tough. With schools closing, a return to online learning, juggling work and home schooling has brought us additional stresses and worry. Shout have resources and support to help you find ways to cope.

You can text SHOUT to 85258 free, any time to speak to a trained volunteer. They will listen and guide you to a calm and safe place.

Link: <https://giveusashout.org/>

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Young Minds

YOUNGMINDS

Young Minds runs a [Parents' Helpline](#), which offers free, confidential advice and support to parents and carers concerned about the mental health of a child or young person (up to the age of 25). This support can be accessed via phone, webchat or email. The Young Minds site also provides mental health and wellbeing information to young people themselves.

Link: <https://youngminds.org.uk/>

*****Want to stay in touch please follow our Safer Schools and Young person FaceBook and Twitter account *****

Follow [@cheshirepolice on Twitter](#) | Like [Cheshire Police on Facebook](#) Follow [@CheshireSSYP on Twitter](#)

Kind Regards PC Sarah Bailiff

Youth Engagement Officers, Safer Schools Partnership,



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- Holocaust Memorial Day – Tweet by Department for Education



Department for Education ✓ @educationgovuk · 11h

"I promised myself, if I survive, I will tell the world what happened in the Holocaust."

Lily Ebert and her great-grandson @DovForman are teaching children the importance of tolerance, using social media to spread a message of hope.

#HolocaustMemorialDay 🕯️ #HMD2021 🕯️

- FREE Microsoft Courses

Free courses on Microsoft (teams, teams for schools, powerpoint, word, excel and outlook) are available to teachers and NHS workers. Further details can be found here:

www.todayspa.co.uk/new/microsoft-for-heroes/

#MICROSOFT4HEROES
with Paul Pennant

FREE
Microsoft productivity
training for UK State &
Comprehensive Schools
and the NHS

6 February - 27 March
Every Saturday, 10.00am

To book: info@todayspa.co.uk todayspa.co.uk

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- **Microsoft Teams tutorials on school website**

We have uploaded on to the school website some Microsoft Teams tutorials to assist those who are struggling at home with the set up and functions of Teams. The tutorials can be found either under the blue button on the home page entitled “Microsoft Teams Remote Learning Tutorials”, or under the Parents drop down at the top of the page, using the “Remote Learning Tutorials” heading.

Welcome to Ellesmere Port Catholic High School

FOLLOWING THE LOCKDOWN RULING ON MONDAY 4TH JANUARY THE SCHOOL WILL ONLY BE OPEN TO KEY WORKER AND VULNERABLE CHILDREN. WE WILL REVERT TO REMOTE LEARNING – PLEASE SEE POLICY BELOW

[Log in to Microsoft Teams](#)

[Microsoft Teams Remote Learning Tutorials](#)

Remote Learning Tutorials

In order to support all students at EPCHS with using Microsoft Teams we have a series of tutorials to support you. The first is a tutorial to guide you through installing Teams on devices.

[Install Microsoft Teams on to your device](#)

The second Microsoft Teams tutorial introduces you to your new virtual classroom and guides you with navigating around Teams, finding your classes in the Teams Tab, the various class channels, navigating around your class group, the posts tab and the files tab.

[Microsoft Teams tutorial](#)

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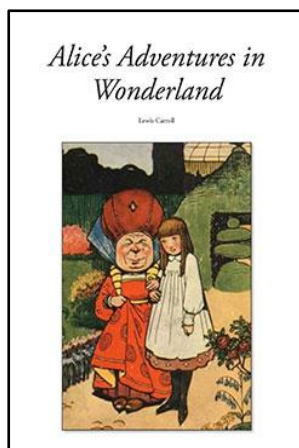


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- **Mrs McHugh's Library News**

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**:



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!

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

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- SIXTH FORM INFORMATION & GUIDANCE



This **National Apprenticeship Week (Monday 8 February – Friday 12 February)** 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/>

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HSBC WORK EXPERIENCE

HSBC Work Experience is now live. There are opportunities across the whole of the UK, in financial services, investment banking, marketing, digital, compliance and HR.

The Work Experience opportunities will be available from **June to August 2021** and will be 1-week long. Open to all secondary school or college students in **Y10, Y11, Y12 and Y13**. Applications close on **21st February**. Application Link <https://bit.ly/3riRiT2>

- **STEM & Medical Science Work Experience**

Hands-on, immersive career experiences now available in 8 STEM-related industries.

Register now for a unique opportunity to work alongside experienced engineers, doctors, psychologists, vets and others this term. Students can choose to attend 'Live Online' before Easter or in-person later in April.

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

- **Foodbank / Hamper Collections available at St Saviour's Church**

On alternate Mondays, 10.30 to 11.30am at St Saviour's Church, food hampers will be available for collection for those who would benefit from a little support. Members of the SVP and Clergy Team will be present to offer any support possible of a temporal, spiritual or pastoral nature. (**Next date: Monday 1st February 2021**).

If you would benefit from some support from the parish foodbank or know of anyone who would, please speak to one of the clergy team or SVP members.

- **Free School Meals – Vouchers**

From Monday 1st February we will be issuing weekly vouchers, worth £15 per week per eligible student. The vouchers can be used at a number of supermarkets including Asda, Morrisons, Tesco, Sainsbury's, Aldi and Iceland.

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Please note, the current guidance is that schools do not need to provide vouchers during the February half-term. There is wider government support in place to support families and children outside of term-time through the [Covid Winter Grant Scheme](#).

Please see step by step instructions on how to access the vouchers attached to this bulletin.

- **Thank You**

We really appreciate the positive comments we continue to receive from parents. We have captured some of them in the illustration below:



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