



Ellesmere Port Catholic High School

Wk. 1

PARENT BULLETIN

1st Sept 2021

Our Vision...

Excellent teaching.

Our Vision...

Strong Catholic ethos.

Our Vision...

Exemplary behaviour and personal standards.

Our Vision...

Ensuring every child is known.

Dear Lord,
Fill our lives with joy.
Fill our lives with love.
Fill our lives with peace.

We give thanks to you for the gift of life.
Give us the courage to live it to the full.
Amen.

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.



Headteacher Message

Dear Parents and Guardians,

Thank you for all your support during these challenging times and for helping some of our students quickly adapt to a blended learning approach during these recent weeks.

The contents of this bulletin refer to information for the new academic year, including some minor changes to the school uniform for our Year 9s.

There will be a phased return of students, please see testing arrangements below.

We look forward to welcoming our students back on **Thursday 2nd September 2021** (**Wednesday 1st September is an INSET Day**).

On behalf of our governors and my colleagues, have a lovely summer and take care.

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Mrs Vile



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- **Results Days**

- **A-LEVEL RESULTS > TUESDAY 10TH AUGUST, 9AM.**

- **GCSE RESULTS > THURSDAY 12TH AUGUST, 9AM.**

Please see separate letter for full details.

- **COVID-19 Testing Arrangements**

Testing will be done for students for whom we have consent. All students are to arrive at school **at the time specified below** in full school uniform (including those who have not consented to testing).

TIMES	Thu 02.09	Fri 03.09
8:45	7B + 7J + 7K	8B + 8J + 8k + 8Mar
9:45	7Mar + 7O + 7T	8O + 8T + 8Max + 8A
11:15	7Max + 7A	9B + 9K + 9T
13:00	11B + 11J + 11K	9J + 9Mar + 9O + 9A
13:30	11Mar + 11O + 11T + 11A	10B + 10J + 10K
14:00	12B + 12O + 12K	10Mar + 10O + 10T + 10A
15:00	13A + 13J + 13Max	

Thursday 2nd September

- Year 7s come into Reception and can be directed to the Gym throughout the morning.
- Year 11s come in through Student Services and then directed to the Gym.
- Year 12/13s come in through Reception and directed to the Gym.

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Friday 3rd September

- Year 8s, Year 9s and Year 10s come through Student Services.

• **School Uniform and Appearance**

Full uniform is to be worn on all school occasions unless permission is given to the contrary. It should be worn to and from school.

Years 7, 8 AND 9

- Plain, dark grey tailored skirt (at the knee) or pinafore dress of a suitable style
- Plain, dark grey tailored school trousers in a traditional style
- Plain, pale blue blouse or shirt. Button to neck
- Tie
- V-neck, grey jumper or cardigan (without zips and optional)
- Plain, grey socks. Black or grey tights
- Plain navy, black or brown flat shoes
- Navy blazer with the school badge

Years 10 and 11

- Navy blue skirt (at the knee) or pinafore dress of a suitable style
- Navy school trousers in a traditional style
- Plain, pale blue open neck blouse or shirt with a tie
- Navy blue V-neck jumper (without zips and optional)
- Plain navy or black socks with trousers; navy with skirt. Black or navy tights
- Navy or black flat shoes
- Navy blazer with the school badge

Sixth Form

- Tailored black skirt fitted to the waist, just above or below the knee
- Black pinafore dress, just above or below the knee
- Full length tailored black trousers fitted to the waist

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- Black blazer
- White blouse or shirt
- Sixth Form tie (navy blue with the school crest)
- Flat black/brown shoes
- Black, dark navy or flesh coloured tights with skirts or black socks with trousers
- Outside coats/jackets/hoodies are not allowed to be worn inside school
- Discreet jewellery, which may include a necklace, bracelet, watch, ring and one pair of stud earrings through the ear lobe
- Discreet use of make-up
- Appropriate tidy hair style which includes one natural hair colour and hair length no shorter than a number 2
- No visible tattoos are permitted

PE Kit

- White round neck t-shirt or white polo shirt
- Red with black strip rugby shirt
- Black shorts
- Long black socks for outdoor sports
- Black or white sports socks for indoor sports
- Trainers (non-marking)
- Football boots
- Shin pads
- Gum-shield
- *Optional* – Plain navy micro fleece with school badge, plain navy or black tracksuit bottoms or sports leggings
- During the winter months students should layer up, e.g. thermals, skins or long sleeved t-shirts are ideal underneath their PE tops
- Plain black or navy hats and gloves are also allowed – dependent on the activity

Jewellery

No jewellery should be worn except a wristwatch and one set of stud earrings worn in the lower lobe for students with pierced ears. Studs must be removed for Games and PE.

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Make up, fake tan, artificial nails, nail varnish, rings, body piercing or tattoos, nose studs are not permitted in school.

Hair

We insist on tidy hair without extremes of style throughout changing styles and fashions. No shorter than a grade 2. Long hair should be kept tidily in place, with all hair fully tied back if the hair touches the collar.

Hair spray and hair gel are not allowed for reasons of safety. All such dressings render hair more flammable and represent an avoidable risk in the workshops, laboratories and Home Economics rooms.

School Bags

School bags must be large enough to hold an A4 folder and to carry everything required for the school day. Fashion style bags are not allowed.

If uniform standards are not adhered to the school reserves the right to provide suitable uniform until a replacement item can be sourced.

- **Canteen information**

Please could I ask you to top up your child's account before the new term to avoid the rush on the first day back, or the possibility of forgetting to top up at the start of term.

- **Mobile phones, personal music players and cameras**

Mobile phones are not allowed to be used in school and will be confiscated if they are seen or heard during lessons or free time. Children might bring them into school but if seen or heard in school they will be confiscated by the member of staff and taken to Student Services.

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- **Holidays in term-time**

The law has restricted a Headteacher's ability to authorise holidays during term time. Headteachers are only empowered to approve a leave of absence when it is requested in advance by the parent or guardian with whom the child resides and when circumstances of the requested leave are 'exceptional'. Parents/guardians requesting time off in term-time are required to complete a Leave of Absence Request Form (available from Reception, Student Services or via the website). Parents can be fined by the Local Authority for taking their child on holiday during term time without consent from the school through the Education Fixed Penalty Notice system.

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Autumn 2021	Spring 2022	Summer 2022
<p>INSET: Wednesday 1st September</p> <p>Thursday 2nd September – Friday 22nd October</p> <p>INSET: Friday 8th October</p>	<p>Tuesday 4th January – Friday 18th February</p>	<p>INSET: Tuesday 19th April</p> <p>Wednesday 20th April - Friday 27th May</p> <p>BANK HOLIDAY: Monday 2nd May</p>
HALF-TERM	HALF-TERM	HALF-TERM
<p>Monday 25th October - Friday 29th October</p>	<p>Monday 21st February - Friday 25th February</p>	<p>Monday 30th May - Friday 3rd June</p> <p>JUBILEE BANK HOLIDAY: Friday 3rd June</p>
<p>Monday 1st November - Friday 17th December</p> <p>INSET: Friday 26th November</p>	<p>Monday 28th February - Friday 1st April</p>	<p>Monday 6th June - Friday 22nd July</p> <p>INSET: Friday 1st July</p> <p>DAY OFF IN LIEU OF JUBILEE BANK HOLIDAY: Monday 4th July</p>
CHRISTMAS HOLIDAY	EASTER HOLIDAY	SUMMER HOLIDAY
<p>Monday 20th December – Monday 3rd January</p>	<p>Monday 4th April - Monday 18th April</p>	<p>Monday 25th July - Friday 2nd September</p>
<p>Return to School : Monday 5th September 2022</p>		

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Notifications

- **A message from our Chaplains and the 10:10 Team**

Fe, Harvey, Layla, Ellen and Cameron are Year 11 members of our Student Chaplaincy Team here at EPCHS, known as the 10:10 Team, so-named after the School's Mission Statement which is taken from St John's Gospel Chapter 10 verse 10, where Jesus states -

"I have come that they may have life and have it to the full."

Below, they write about a recent event they were involved with.

We represented the school at a Diocesan event known as 'Mini-Dash' on 2nd July. This took place remotely owing to the current restrictions, but we were linked via Zoom to 12 other secondary schools from around the Diocese of Shrewsbury.

As the following saints all had a Feast Day within that week, the main focus of the event was to reflect on the impact made by St Peter and St Paul in the very early days of the Church and we also looked at what we could learn from the experience of St Thomas the Apostle too.

*St Peter's name means 'rock' and Jesus had told Peter that **he would be** the rock upon which the Church would be built. After Jesus' death and Resurrection, Peter a humble fisherman, stepped out of his comfort zone and went to Rome to spread the Good News about Jesus and begin 'build' the Church.*

Paul was possibly actually responsible for 'rocks' being thrown at some of those early converts to Christianity, however he underwent a transformational experience and went on to become 'rock-steady' in passing on the Good News about Jesus.

We took part in a craft activity by writing the Good News that these men shared, on our rocks today, so that we can pass them on to others, because...GOOD NEWS ROCKS!

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Pope Francis has said that 'St Thomas is like our twin'.

We think what he means is that like Thomas we sometimes have doubts too - which is a very human feeling; but there are also times when we believe. So, Thomas represents us all at times in our lives, and like him we too can grow and get ever stronger in our faith.

We are all called to be saints by the way we behave, but like the saints mentioned here, we too are only human and have our failings and weaknesses. The students were asked to think about the things that bring them hope in difficult times and flickers of light in the dark times. This is what they thought –

Sharing happy events that have happened since lockdown;

Enjoying being able to be together again;

Appreciating the support we have been given;

Realising how important it is to look out for each other during difficult times;

Celebrating achievements over the year.

We have been impressed by the way in which both staff and students have coped with the changes that had to be made in school which has definitely been a beacon of light and hope, and also the way in which families have appreciated the extra effort made by everyone to keep school as 'normal' as possible in the strange circumstances we have found ourselves.

Pat Barker and Ant Hunt

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- **SIXTH FORM INFORMATION, GUIDANCE AND ADVICE**

CLEARING AND RESULTS DAY – SUPPORT FOR Y13

A reminder that **Unifrog** are hosting a webinar called ‘**Results day: next steps and preparing for University**’ on **4th August at 5pm**. To register go to <https://www.unifrog.org/student/webinars>

UK University and Apprenticeship Search have provided information and advice that you may find helpful during the Results and Clearing process. Go to <https://www.ukuniversitysearch.com/clearing>

UCAS SUMMER HUB LIVE SESSIONS – 21st JULY @2PM – STUDYING AN A CONSERVATOIRE

UCAS are running a series of virtual live sessions this summer to help support university and career choices. These sessions will be **every Wednesday at 2pm**. The next of these sessions is on **21st July at 2pm** about studying at a ‘**Conservatoire**’. It will explain what a Conservatoire is; how they differ from a university and college and how you apply. You can find out directly from current students and Admissions Tutors. For more information or to register, please go to <https://www.ucas.com/undergraduate/what-and-where-study/ucas-hub-live>

UCAS will be running their other summer hub live sessions on **28th July, 18th August, 25th August and 1st September**.

UCAS DISCOVERY WEEK – ON DEMAND UNTIL 26th JULY

The recent UCAS Discovery Week is now on demand until **26th July**. With over 100 universities, colleges and employers taking part, there are more than 45 recorded sessions and information about university, apprenticeships and careers. The itinerary includes:

- Application clinics and personal statement workshops
- Course taster sessions and virtual tours
- University ‘life’ stories and student Q&As
- Apprentices talking about ‘apprenticeships’
- Careers of the future
- Student finance made easy
- Student accommodation

For more information and to register, go to <https://www.ucas.com/events/ucasdiscovery-demand-393976>

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FREE VIRTUAL WORK EXPERIENCE WEEK – FOOD AND GROCERY INDUSTRY – 26th TO 30th JULY

For any students interested in a career in the food and grocery industry, the **IGD (Institute of Grocery Distribution)** are hosting a **free virtual work experience week from 26th to 30th July**. You will have the opportunity to interact with employers such as **Coca Cola, Cadbury and Tesco** where you can hear about sales and marketing, engineering and IT. You can select which webinars you would like to attend on Tuesday, Wednesday and Thursday but the Monday and Friday webinars are compulsory. There will be a certificate for all those that attend. For more information, please go to:

https://forms.office.com/Pages/ResponsePage.aspx?id=jd6N1oSih0qxZpt1SxEN0oN_a7qZE6FNs_SwKHgp3ytUNFNNN1c5QIZXTjIWWks5QIVGQzJRVEFSNiQIQCN0PWcu

- **July E-news for Live Well Cheshire West**

Please see our [July E-news for Live Well Cheshire West](#)

In this e-news you can find:

- Useful resources and information for the school holidays:
 - Holiday Activities and Food (HAF) Programme
 - Cheshire West and Chester Libraries
 - Parks, places and nature
 - Services
 - Short Breaks
 - Useful support and resources
- Childcare Search Filters – help us improve search filters for parents who are looking for childcare for children and young people with special educational needs and disabilities.

As always if you can't find what you are looking for or require any further information about Live Well Cheshire West please contact:

emma.walker@cheshirewestandchester.gov.uk

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- **Local Support for Young People and their Families**

The Welcome Network bring together a wide range of partners, organisations and charities providing Holiday activities, food and financial support.

Many of these are local to Ellesmere Port and we have compiled a list for local children, young people and their families.

Please don't hesitate to be in touch if you, or someone you know would like to access this. They are here for you. If you have any questions about this information sheet, or you can't find what you're looking for please email hello@welcomenet.co.uk and we will try to connect you to someone who can.

West Cheshire Foodbank

- In Ellesmere Port there are local distribution points at Salvation Army, Trinity Church, Westminster Community Centre, Little Sutton, and Sutton Villages.
- For all the information about the dates/times of sessions you can go to their website <https://westcheshire.foodbank.org.uk/locations/>
- Information about where people can get a referral to a foodbank can be found here <https://westcheshire.foodbank.org.uk/get-help/how-to-get-help/>
- You can call the office on 0151 355 7730 if you have any questions

The Welcome Network Map of Food Support in West Cheshire:

- <http://www.welcomenet.co.uk/get-support.html>

Cheshire West and Chester Help Scheme: 0300 123 7065 9am – 5pm

Citizens Advice Cheshire West: Link to accessing 'Advice by Email'

www.advicebyemail.org.uk

Complete a short form and a local advisor reply usually within 24 hours.

Or you can call Gaynor Rowlands – Ellesmere Port based advisor tel: 07736 621235

Monday to Thursday 9-5pm. You can find local 'access' points here:

<https://www.citizensadvicecw.org.uk/news/coap-map>

For Housing

- For Housing provide a wellbeing service for their tenants in Ellesmere Port, including financial support, healthy body and mind, and tenancy support.
- There is a short film about the Wellbeing Service is here <https://vimeo.com/411046677>

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Cheshire Young Carers

- Supporting Children and Young People who care for others.
- The service is for Children and Young People aged 6-18 and they provide support and activities across the area.
- Here is a link to the website [Cheshire Young Carers | Chester | Supporting children who care for others](#)

Holiday Activity & Food Programme – for a flyer with information please visit:

<https://edsential.com/holidayactivityfund2021/#parents>

Action Transport Theatre based in Whitby Park

- Action Transport Theatre are running a free 6 day drama summer school in Whitby Park on the 22nd, 23rd, 26th, 27th, 28th and 29th July for Ages 7-17. To express an interest please complete this form <https://forms.office.com/r/TRwc2eERn1>
- They also have a free adventure trail called 'Porto's Peculiar Playground' more information about their summer activities can be found here <http://www.actiontransporttheatre.org/whats-on>

The Boaty Theatre Company

- The boat shed is a safe space for young people to discover and develop new skills within the arts, with a particular focus on theatre and performing arts. We have a number of community and youth groups that are open and accessible to people of all ages.

Facebook: The Boaty Theatre

Twitter: @boaty_tc

Tiktok: WeAreTheBoaty

Address: The Boat Shed, Whitby Road, Ellesmere Port. Ch650AB

Tel: 01513567432

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The Edsential Holiday programme provides **free meals and activities** for eligible free school meal children across West Cheshire during the school holidays.

This summer there are a whole host of activity clubs **in your area**, offering a range of energetic physical activities, enriching new experiences, and delicious healthy food too!

All our clubs are run by experienced organisations who will provide a safe and welcoming experience where children will **have fun, make new friends and create life-long memories** all whilst following COVID-19 guidance.

- Hockey
- Teddy Bear Picnics
- Circus Skills
- Judo
- Hairdressing
- BMX
- Skateboarding
- Healthy Meals
- Manicure Art
- Inflatable Assault Course
- Archery



HOW TO BOOK

On the back of this flyer you will find all activities available in your area this summer.

All activity clubs are free of charge for eligible free school meal children.

Please contact the relevant provider - booking is essential for many clubs so don't miss out.

Be sure to **keep up with all of the fun** happening over the summer holidays on the Edsential facebook page EdsentialUK.

...and much more!

HURRY!
Spaces are limited



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Activities

CHESHIRE WIDE

- Cheshire Young Carers** CH2 2AU, CH8 9LB, CW7 1AD
5-16 years
- Westminster Families Community Group** CH8 4TW, CH85 2ER, CH85 2AZ
5-16 years
- S4VC Ltd** CH3 6EA, CH2 2H, CH4 5SE, WA6 7QP, CH66 2JT, CH65 6TQ, CH65 6RL, CH65 2BY
Raula Adolph 07581075534
paal@sjvc.co.uk
5-11 yrs **SPACES LEFT!**

CHESTER

- Chester Blue Coat CE Primary School** CH1 4HG
Jo Schumacher 01244 981098
admin@chebluecoat.cheshire.sch.uk
5-11 years **SPACES LEFT!**
- Dee Point Primary School & Blacon Education Village** CH1 5EZ, CH1 5LD, CH1 5UJ, CH1 5JQ, CH1 5NF
5-11 yrs
- Avenue Services** CH1 5LQ, CH1 5SE, CH1 5BL, CH1 5LQ, CH1 5HN, CH1 5BU
01244 371729 Sandra.hewitt@avenue-services.co.uk
5-16 yrs **SPACES LEFT!**
- Chestnut House Day Nursery** CH1 6HP
Louise Hazell 07375556995
chestnuthousedaynursery@hotmail.co.uk
5-11 yrs **SPACES LEFT!**

- Blacon High School** CH1 5JH
12-16 yrs
- Ash Tree Day Nursery** CH1 5NF
Louise Hazell 07375556995
ashstreetdaynursery@outlook.com
5-11 yrs **SPACES LEFT!**
- Werbies** CH2 3AD
5-11 yrs
- HETTY** CH2 3HB
5-7 yrs
- Elton Youth and Community Centre** CH2 4LT
Tara Curran 07733478982
admin@eltoncommunitycentre.co.uk
5-16 yrs **SPACES LEFT!**
- Elton Primary School** CH2 4LT
Danielle Painter 07860597671
elton@ips-clubs.co.uk
5-11 yrs **SPACES LEFT!**
- Dandelions Day Nursery** CH3 6QP
Sian 01629 272277
hello@dandelionsfarnon.co.uk
5-11 yrs **SPACES LEFT!**
- Farnon Primary School** CH3 6QP
5-11 yrs
- Save the Family** CH3 7PZ
5-16 yrs
- Tarvin Pre-School & Day Nursery** CH3 8LS
5-11 yrs

- Best of Us Cheshire** CH3 9AH
Daniel Jones & Aera Connah 07794182716
bestofuscheshire@gmail.com
5-11 yrs **SPACES LEFT!**
- Overleigh St Mary's CE Primary School** CH4 7HS
12-16 yrs
- The Catholic High School, Chester** CH4 7HS
12-16 yrs
- Lache Primary School** CH4 8HX
5-11 yrs
- Benison Nursery School Ltd** CH4 9JN
Jan Tunnicliffe 01244 676199
jan@benisonnursery.co.uk
5-11 yrs **SPACES LEFT!**
- Friends of Lache Community** CH4 8HX, CH4 8NQ, CH4 8EJ
Libbie Stoddart@sanctuary-housing.co.uk
5-16 yrs **SPACES LEFT!**

NESTON

- Little Actors Theatre Company** CH64 9RE
Samantha Galin 0151 336 4302
mail@littleactors.com
5-11 yrs **SPACES LEFT!**
- Neston Primary School** CH64 9RE
5-11 yrs

ELLESMERE PORT

- The Booty Theatre Company** CH65 0AB, CH65 9AQ, CH65 1SS, CH66 2RP, CH4 7LR
0151 3567432 j@bootytheatre.co.uk
5-16 yrs **SPACES LEFT!**
- Action Transport Theatre** CH65 9AQ
Jess 0151 3572120
info@actiontransporttheatre.org
8-16 yrs **SPACES LEFT!**
- Bridge Community Wellness Gardens** CH66 3NE
Claire Johnson 01446699995
bcfarmmanager@gmail.com
5-16 yrs **SPACES LEFT!**

TARPORLEY

- Tarporley CE Primary School** CW6 0AN
Jane Taylor 01829 708188
jarsari@tarporleyce.cheshire.sch.uk
5-11 yrs **SPACES LEFT!**

WINSFORD

- Darnhall Primary** CW7 1JL, CW7 1AD
5-11 yrs
- Winsford High Street Primary School** CW7 2AU
5-11 yrs
- Kiddicare Day Nursery Ltd** CW7 2BP
Kate McCleod 01606 869324
manager.kiddicare@btconnect.com
5-11 yrs **SPACES LEFT!**

- SR Sports Ltd** CW7 2EG, CW9 8DH
Simon Robinson 01525244322
srgsports@tdigital.com
5-16 yrs **SPACES LEFT!**
- St Joseph's Catholic Primary School** CW7 2JS
5-11 yrs
- GGO community Group** CW7 2VA, CW7 1L
Vicky Gale 01434704530
ggowestwindsford@hotmail.com
5-16 yrs **SPACES LEFT!**
- Winsford Youth & Community Forum** CW7 3HP, CW7 2HG
Laura Jones 01606 553724
laura.jones@yfcg.com
8-11 yrs **SPACES LEFT!**
- Weaver Vale Housing Trust & Wharton Residents Group** CW7 3HY
Georgia Winstanley 017979555687
georgia.winstanley@wvht.co.uk
5-16 yrs **SPACES LEFT!**

NORTHWICH

- Northwich Town Council** CW9 5PG, CW9 5QA
5-16 yrs
- Multiflex Sports** CW9 5BE, CW9 5WA, CW9 5QQ, CW8 4AZ, CW8 1BN
5-11 yrs

DAVENHAM

- Davenham R.B.L. Social Club** CW9 8JB
Laura Nicholls 01739467242
davenhamrfd@gmail.com
5-11 yrs **SPACES LEFT!**
- Moulton Nursery School & After School Club** CW9 8PD
Moulton Nursery School & After School Club 077171944100
moultonnurseryschool@gmail.com
5-11 yrs **SPACES LEFT!**

FRODSHAM

- Tree House @ Kingsley Community Primary and Nursery School** WA6 6TZ
Julie Powell 01244 259698
treehouse@kingsleycc.cheshire.sch.uk
5-11 yrs **SPACES LEFT!**
- Weaver Vale Housing Trust** WA6 7PZ, WA6 6SA, WA6 6RX
5-16 yrs
- Frodsham Youth Association** WA6 7QN, WA6 7PZ
Nic Mikozak admin@frodshamyouthclub.co.uk
8-16 yrs **SPACES LEFT!**

MALPAS

- Heber Leisure & Bishop Heber High School** SY14 8JD
Heber Leisure 01948 808884
heberleisure@heber.org.uk
8-16 yrs **SPACES LEFT!**

Edsential
Community Interest Company
Funded by the Department for Education

To find out more about any of the holiday activities available this summer, please visit www.edsential.com/holidayactivityfund2021 or contact Edsential directly on haf@edsential.co.uk

@EdsentialUK

- Cheshire Mental Health Support Teams Newsletter



Cheshire and Wirral Partnership NHS Foundation Trust



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Welcome back to our Cheshire Mental Health Support Teams (MHSTs) newsletter. This is our regular update from the local team supporting Cheshire schools and colleges with all things mental wellbeing.

We'd really appreciate you sharing this with your young people, families and wider networks.

If you have any feedback about the newsletter feel free to contact us via cwp.adminmhst@nhs.net

An update from your local team

As you are coming up to the end of a challenging and unpredictable year, we want to take this opportunity to wish you all a relaxed and well-deserved break.

Our teams will continue working over the holidays, so please contact us for any referrals you may wish to discuss before the end of term.

We will also be available to continue offering consultations for those of you who are still working.

*Please note that all requests for help must be sent to the referral email address - cwp.cheshiremhstreferrals@nhs.net rather than directly to practitioners.

We very much look forward to seeing you all in September!



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Ellesmere Port Catholic High School



Summer Self Care Packs

Last year the Anna Freud Centre started a self-care campaign. It proved so popular it was continued on through lockdown and they are doing the same again this year. The campaign encourages children and young people to take care of their overall wellbeing during the summer break. Self care packs are available online and provide activities, support and advice for each day throughout the summer to help combat low mood and anxiety.

Packs are available for both children and young people on the [Anna Freud Centre Centre](#) site and have been created using suggestions from young people based on their own tried and tested methods of self care.

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Anxiety over the easing of lockdown?

For some people the easing of lockdown restrictions can't come soon enough, but for others the lifting of rules such as mask wearing and social distancing can be quite daunting.

The NHS Every Mind Matters team have put together some tips to help those who are feeling anxious to cope with this difficult change.



Look on the [Every Mind Matters](https://www.everymindmatters.org/) website for lots of information and videos on how to look after your mental health.

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What's up with everyone?

A team from University of Nottingham and several mental health charities, including Happy Space and the Mental Health Foundation, have developed a host of short animations to encourage discussion around a few common areas of difficulty for young people. The animations have themes of perfectionism, loneliness, independence, social media and competitiveness and help with thinking about ways to deal with these issues.

Visit the [What's Up With Everyone](#) website for more information.

MyMind website and social media

For more information about your local CAMHS service and access to a range of other resources about mental health please click on this link mymind.org.uk
Our you tube channel and mymind twitter feed can also be accessed by clicking on the icons at the bottom of this newsletter.

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