



Ellesmere Port Catholic High School

Wk. 1 PARENT BULLETIN 8th 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 8 th	Tue 9 th	Wed 10 th	Thu 11 th	Fri 12 th
	08:45am – 09:00am: FORM TIME FOR ALL STUDENTS				
	Everest Challenge				
	Wednesday AM: Pause and Catch Up (no live lessons) Wednesday PM: Wellbeing Wednesday				
Year 7	Remote Learning (Key Worker & Vulnerable Students only on site)				
	Everest Challenge				
	Wednesday AM: Pause and Catch Up (no live lessons) Wednesday PM: Wellbeing Wednesday				
Year 8	Remote Learning (Key Worker & Vulnerable Students only on site)				

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	Everest Challenge
	Wednesday AM: Pause and Catch Up (no live lessons) Wednesday PM: Wellbeing Wednesday
Year 9	Remote Learning (Key Worker & Vulnerable Students only on site)
	Everest Challenge
	Wednesday AM: Pause and Catch Up (no live lessons) Wednesday PM: Wellbeing Wednesday
Year 10	Remote Learning (Key Worker & Vulnerable Students only on site)
	Everest Challenge
	Wednesday AM: Pause and Catch Up (no live lessons) Wednesday PM: Wellbeing Wednesday
Year 11	Remote Learning (Key Worker & Vulnerable Students only on site)
	Everest Challenge
	Wednesday AM: Pause and Catch Up (no live lessons) Wednesday PM: Wellbeing Wednesday
Year 12	Remote Learning (Key Worker & Vulnerable Students only on site)
	Everest Challenge
	Wednesday AM: Pause and Catch Up (no live lessons) Wednesday PM: Wellbeing Wednesday
Year 13	Remote Learning (Key Worker & Vulnerable Students only on site)

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Headteacher Message

Dear Parents and Guardians,

We hope our students and their families benefited from our first 'Wellbeing Wednesday'. It was lovely to hear how everyone made the most of this screen free time and is something we will continue with next Wednesday. There will be no live lessons in the morning. It will instead be used as time to pause and catch up. From 12.15pm onwards, we'd like students to engage in some of our wellbeing activities again as they did last week.

It was a proud moment for our school when we were announced as winners of the Wow Recognition Award at the Educate Awards and we hope to continue with innovative ideas in future to inspire our students.

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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- **Captain Sir Tom Moore – Our tribute**

Captain Tom a retired Army officer served in India and Myanmar, also known as Burma, during World War Two but it was by walking laps around his garden that he became known to millions. When he was 99, he was catapulted into the global spotlight with his attempt to raise an initial £1,000 for charity. Early in April 2020, with the aid of his walking frame and a steely determination, he vowed to complete 100 laps of his patio before his 100th birthday at the end of that month. The war veteran was inspired to help the health service after receiving treatment for skin cancer of the head, and a broken hip after a fall in 2018.



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Speaking in November 2020:

“I would like us all to stand shoulder to shoulder – metaphorically. Let’s try not to get downhearted, we will get through this, whatever is thrown at us and together we can ensure that tomorrow will be a good day.”

Captain Sir Tom Moore was an inspiration to us all during the pandemic, always urging us to remember that tomorrow will be a good day,” he said. “He saw himself as just doing his bit – but he inspired millions of us to do that too.”

We hope we can do our bit as well as Captain Sir Tom.

Thank you Sir Tom.



Notifications

- **Predicted Grades and Teacher Assessed Grades (TAGs)**

It is not unusual to be asked for predicted grades at this time of the year, especially as students are considering their next steps. However, in line with current guidance we cannot provide predicted grades for the examinations that students were due to take place this summer. As part of the joint consultation between the DfE and Ofqual they said:

We do not propose to ask teachers what grade a student might have received if they had been able to take their exams – which is what teachers were asked in 2020.

Teachers will be asked to provide Teacher Assessed Grades (TAGs) later this year but it is vitally important that they have evidence upon which to base those grades. The DfE and Ofqual have proposed that the examination boards provide some form of written assessments to support this process. They may or may not be compulsory and the nature

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and timing of these assessments has yet to be decided. We will keep parents fully informed as soon as we have more information.

Even if the examination boards do release written papers to support this process they may not be released until May or June. We don't yet know when students in Years 11 and 13 will return to school but we need to continue to build the evidence that will be used towards those teacher assessments. When students do return we will give them some time to settle back into school. We would then be in a position to provide some written assessments similar to PPEs. However, we would not assess students on anything they have not learnt and therefore we would not use full past papers as in previous years. Assessments provided would be meaningful and fair.

In the meantime we would ask that you encourage your sons and daughters to continue to engage fully with their online learning as this too will form part of the overall assessment process.

We will do all we can to make sure that students are not disadvantaged through no fault of their own and we are committed to working with you to support them fully through this difficult time.

If you do have any concerns please keep in touch and we will support you as parents the best we can.

- **Educate Awards**



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Congratulations to Mr Hughes, Assistant Headteacher, and the Personal Development team for winning the WOW Recognition Award at last Friday's Educate Awards. The news was published earlier this week in The Standard:

<https://www.chesterstandard.co.uk/news/19058672.ellesmere-port-schools-life-mars-project-wins-top-award/>

Ellesmere Port & Neston Standard 

 [@EPortStandard](#)

Congratulations to all at [@EPCH_School](#) on their fantastic award win at [@EducateAwards](#)!

[chesterstandard.co.uk/news/19058672....](https://www.chesterstandard.co.uk/news/19058672....)

02/02/2021, 16:01

- YEAR 7 MFL CHANGES – AFTER HALF-TERM**

After the half-term break, all Year 7 classes will change the language they have been studying since Christmas. See below for details.

Teaching Group	Language (from Mon 22 nd Feb)	Teacher
7B	Spanish	LDR
7J	Spanish	RWA*
7K	French	RAB
7M	French	RAB
7R	Spanish	LIR
7T	French	RWA*/LDR
7L	French	LIR/RWA*

**Please note that Miss Holmes (RHO) has changed her name to Mrs Wassell (RWA).*

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- **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.

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.

- **Help for Heroes - Thank You**

Well done to the Year 9 students involved in the Christmas Shop Enterprise Project which raised £129.17 for Help for Heroes. The school received a certificate of appreciation this week.

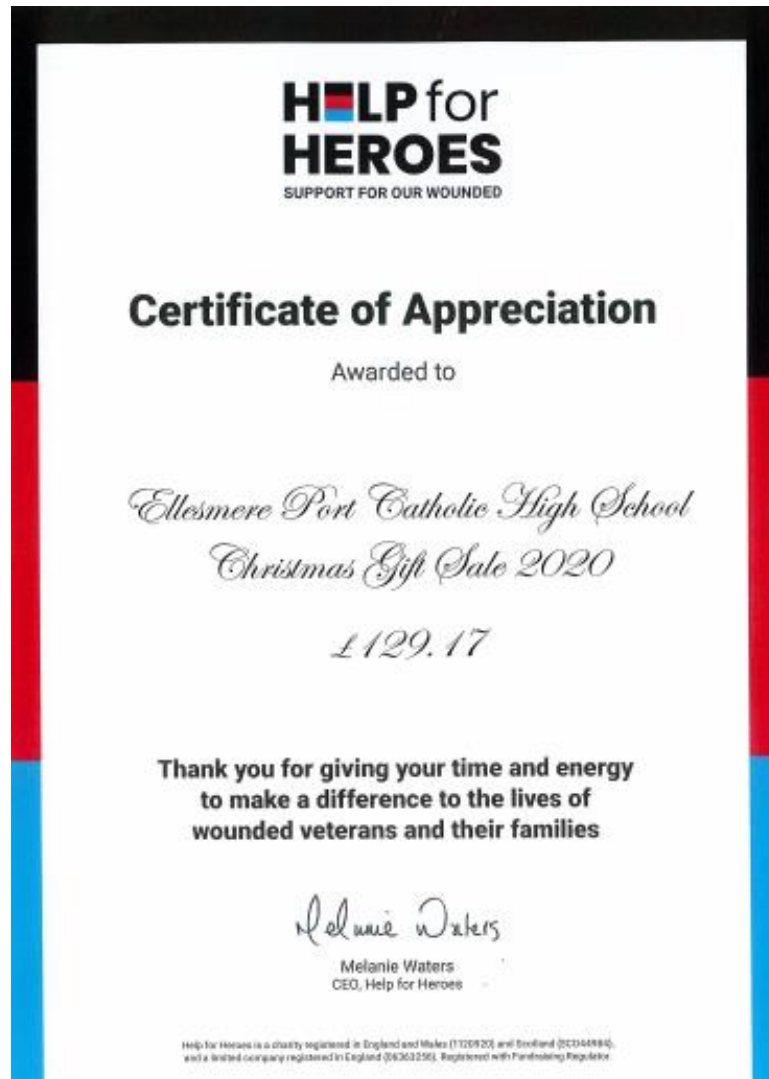
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- Lockdown Learning (EE)



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Unlimited Data

We're offering eligible pupils or their parents and carers unlimited mobile data to support their learning each month till July, working with the [Department of Education](#).

Available until the end of this academic year (July 2021). The DfE's programme is currently available for families in England.

Free public wi-fi

Eligible pupils can also get online on the UK's largest public wifi network, BT wifi.

BT WiFi vouchers are available in schools and our charity partners, making sure children can stay connected to their teachers, classmates and schoolwork while schools remain closed.

Ask your school or teachers can [find out more here](#)

- **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.

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.

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*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.

You can also access SAM Learning information via the school website. Please follow the link below to access the SAM Learning Home Page, learning guides and an Introduction presentation to SAM Learning.

<https://epchs.co.uk/sam-learning-information/>

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



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)

- **Stem Club and Year 8 Shell Club Challenge**



Calling all year 8's Would you like a challenge and win a possible £10,000 for your school and vouchers for your self as well as a goody bag. If so, then please get in contact with me on Teams. My name is Mr Hickman (THI) or become a member of the STEM after school club where we are trying to integrate this competition with life on Mars with 4wardfutures with Mark Waters Myself and other members of the STEM Club at present. Looking forward to hearing from you.

Many thanks

Mr Hickman

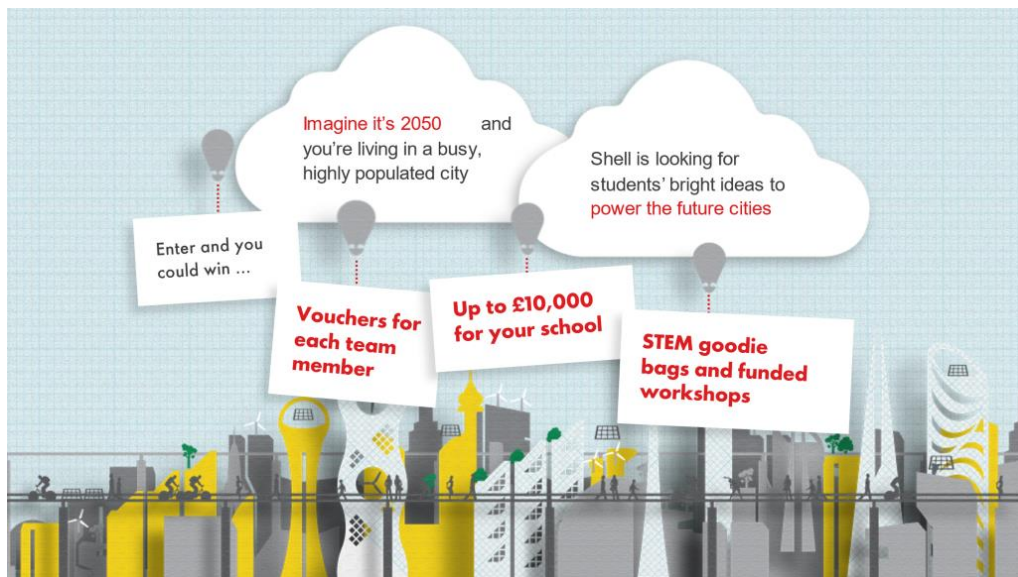
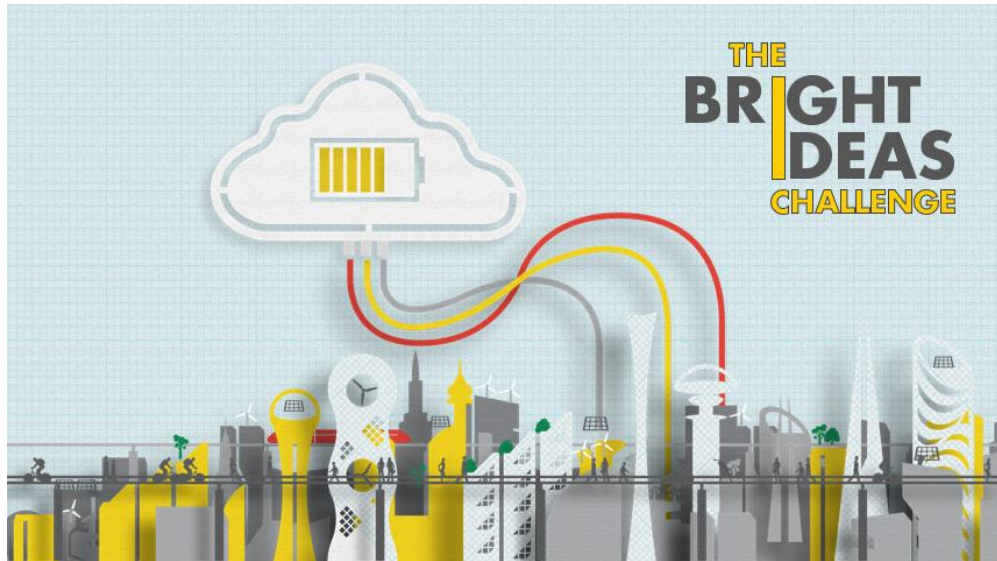
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- Mrs McHugh's Library News



EPCHS'S TOP 10 MYON READERS!



Year 7

Evalyn Evans, Holly Wildman-Andrews, Nathaniel Wiseman, Kasi Fissenden, Conor McCone, Anna Cole, Bethany Gilfoyle, Darcy Muir, Layla Ryan, Billy McCone.

Year 8

Ella Tomlinson –Scott, Alexandra Robinson, Francesca Saville, Imogen Collins-Bell, Bobby Jones, Alfie Griffiths, Thomas-Jack Wallace-Rimmer, Kacey Simcox, Rheanna Price, Reece-Le Dunne.

Year 9

Travis Broderick, Harley Kinson, Cal Sanh, Oliver Stewart, Callum Porter, Molly Hamer, Owen Caldecott, Martin Stepien, Curtis Earlam, Hannah Fullerton.

Great reading by James Williams, Courtney Stubbs and Ruby King in Year 10 too!

Accelerated Reader

Congratulations to the following Year 7 and 8 students who have successfully quizzed on their **Accelerated Reader Accounts** after having read a book/s either through myON or by reading a printed copy of a book!

Mrs McHugh's and Mrs Williams's Quizzing Super Stars are:

Billy McCone, Kiera McNay, Sienna Tidd, Holly Wildman-Andrews, Nathaniel Wiseman, Rosie Partridge, Harry Walker, Christian Stafford, Francesca Saville, Kasi Fissenden, Julia Charabin, Ella Tomlinson Scott.

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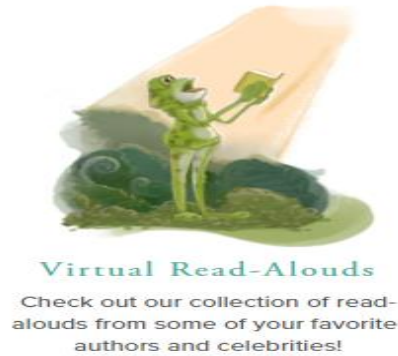


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This week saw us celebrate **National Read Aloud Day** on the 5th February. Enjoy the power of reading aloud, the importance of sharing stories and listen to virtual read-aloud stories. Discover this fabulous initiative by visiting:

[World Read Aloud Day — LitWorld®](#)

www.litworld.org › [worldreadaloudday](#)



It would be *amazing* if parents and carers could take some time out to have a read-along and listen to a book being read aloud with their child on [myON](#). There is an astonishing choice of books to read. It is suitable **for all age ranges and abilities**. It is not restricted to Key Stage 3. Parents and carers of students in year 7 and 8 could nevertheless enjoy the challenge of taking a quiz on the book once the book is read! *Achievement Points and recognition by Head of Year are guaranteed for all students who successfully quiz!*

EPCHS students are really *fortunate* to have the opportunity to discover the *joy of reading* with [myon](#), especially during lockdown when access to the school library and local libraries is restricted. The Guardian newspaper recently featured an article on the footballer Marcus Rashford in which he states:

“I only started reading at 17, and it completely changed my outlook and mentality. I just wish I was offered the opportunity to really engage with reading more as a child, but books were never a thing we could budget for as a family when we needed to put food on the table. There were times where the escapism of reading could have really helped me. I want this escapism for all children. Not just those that can afford it. We know there are over 380,000 children across the UK today that have never owned a book, children that are in vulnerable environments.”



Marcus Rashford is launching a book club and his own range of literature with the aim of giving children from lower socio-economic backgrounds the opportunity to embrace reading from an early age. The first book to be released, in May 2021, will be *You Are A Champion: Unlock Your Potential, Find Your Voice And Be the Best You Can Be*.

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<https://www.theguardian.com/football/2020/nov/17/marcus-rashford-launches-book-club-so-every-child-can-experience-escapism>)

Please encourage your child to look at ***Mrs McHugh's Library News*** this week too! The author of the week is Charles Dickens (this weekend marks his birthday)

Just like Marcus Rashford, Charles Dickens experienced poverty and hunger whilst growing up. And just like Marcus Rashford, Charles Dickens shone a light on the need for social justice. Students can also watch a Ted Ed video to inspire them to read a Dickens novel and find out why an author who wrote in the 19th century is just as relevant today.

https://www.youtube.com/watch?v=5czA_L_eOp4

- **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

- **Safer Schools and Young People Partnership - Newsletter 3**



Welcome All,

In the third addition of our newsletter, we are focusing on Exercise and Wellbeing.

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Exercise and physical activity are great ways to feel better, improve your health and make you feel better about yourself. Experts say engaging in regular activity throughout the week is a great way to boost your own morale and will therefore assist you focusing on your schoolwork, which we know, many of you are doing from home.

Below we will outline and signpost you to some websites we have enjoyed and think you will too.

The current NHS Guidelines recommend teenagers exercise for 1 hour a day. Whilst we don't expect our teenager to be hopping, skipping, jumping and doing bear crawls in the living room we do advise that they make every effort to use their hour in the fresh air. It is well documented that teenagers with use more energy and be active outdoors. So maybe give them a shopping list, an item to post, or something to collect so they have a reason to break free from their studies at home.

The Body Coach

Click on this link to access his YouTube channel - <https://youtu.be/66EyFKtb7Fw>



We have all heard of Joe Wicks, also known as The Body Coach. He is a TV presenter and author and arguably the most well-known British Fitness Coach.

His method uses HIIT workouts; these are short intense High Intensity Interval Training.

During the first lockdown, his 9am family HIIT Sessions were a huge hit with the nation. You can still participate in these sessions at 9am on Monday, Wednesday and Friday.

As well as physical exercise, exercising the mind is also really important. It can assist with improved concentration, mental clarity, emotional intelligence and the ability to relate to others with kindness, compassion and acceptance.

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If The Body Coach is not for you, here are two more YouTube Channels which feature a lot of physical exercise and workouts at home – directed specifically towards teens/young adults.

[KlikKluK - YouTube](#)

[Kendrick Chavez - YouTube](#)

Mindfulness

A new study suggests that mindfulness education (lessons on techniques to calm the mind and body) can reduce the negative effects of stress and increase students' ability to stay engaged, helping them stay on track academically and avoid behaviour problems.

It can also help both teachers and students to reduce stress and anxiety, strengthen attention and focus, support social and emotional growth, and better resolve the inevitable conflicts that arise.

Not only can it relieve stress, but it can also lower blood pressure, reduce pain, and help to improve sleep and mental health.

If you feel stressed, unhealthy and unhappy, you may be ready to introduce mindfulness and/or meditation into your life. It is proven that if you learn how to sit quietly with yourself and calm your brain, you will discover a completely new world of contentment and serenity. Your physical aches and pains will melt away as your body and mind learn the keys to true happiness.

Among its theorized benefits are self-control, objectivity, affect tolerance, enhanced flexibility, equanimity, improved concentration and mental clarity, emotional intelligence and the ability to relate to others and one's self with kindness, acceptance and compassion.

Follow this link for 10 Mindfulness Activities for Teens

www.mentalup.co/blog/mindfulness-activities-for-teens

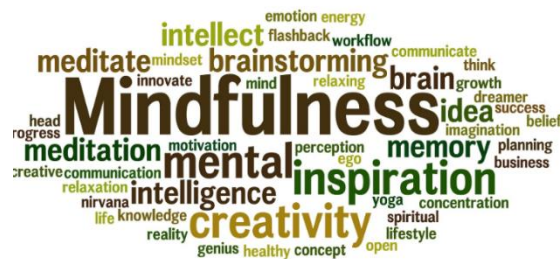
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Youth Engagement Officers, Safer Schools Partnership,



- **SIXTH FORM INFORMATION & GUIDANCE**

It is at this time of year that our year 12 students start thinking about their post-18 intentions. In a 'normal' year we would go to various locations in the local area to attend university and apprenticeship information events so that all our students are well-informed about the various options available. Due to the current COVID19 restrictions, we cannot attend these events live but many of these events have now gone online.

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The next UK University & Apprenticeship Search Virtual Fair will take place online on Wednesday 17th March 12-6pm. These events are a fantastic opportunity for our students to explore **over 100 universities, colleges and apprenticeship providers** from across the UK. The event will have 10 live webinars taking place on a range of subjects from apprenticeships to writing a personal statement. Please click on the attached link to register for a place

<https://ukunisearch.vfairs.com/>

This year over 80% of our Year 13 students have chosen to go to university. On Monday 8th February, in their personal development lesson, Louise Carr from the University of Liverpool will be delivering a session on all aspects of university finance from maintenance grants to scholarships. This session will take place from 9-10am so set your alarms!

On Friday March 5th, Year 11 will become the 6th form for the day and have the chance to 'taste' up to 5 A-Level lessons. This is a fantastic opportunity to experience a day in the life of our successful 6th Form. More details to follow in regard to the timetable for the day.

NATIONAL APPRENTICESHIP WEEK IN SIXTH FORM PERSONAL DEVELOPMENT:

On Monday 8th February, 9am-10am, Mrs Henderson will deliver a session on Apprenticeships. This will be to all the Year 12s and those Year 13s interested in doing an apprenticeship. The session will cover the different types of apprenticeships, the employment sectors where you will find them, the benefits of an apprenticeship and how to apply for them.



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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.

AMAZING APPRENTICESHIPS: NATIONAL APPRENTICESHIP WEEK:

Please follow the link to the '**Amazing Apprenticeships**' website where you can find out about and participate in activities that have been prepared for you by a variety of organisations about apprenticeships www.amazingapprenticeships.com/naw2021

APPRENTICESHIP TALK SESSIONS - 8th FEBRUARY

During next week's **National Apprenticeship Week, Young Professionals UK** are hosting a **free virtual event** called '**Apprentice Talk Sessions**' on **8th February, 3pm-5pm**. This is for **students, parents and teachers**. It will feature 12 different apprentice highlight journeys. There will be an opportunity to ask questions and find out about other young people's career journeys. There will be information about different types of apprenticeships, some myth busting and a few prizes along the way. To register, click on the link: <https://www.research.net/r/NAW2021>

NESTLE 'APPRENTICESHIP DISCOVERY EVENT', 9TH FEBRUARY, 5PM-6.30PM

During this 90 minute event, you will hear first-hand from existing apprentices about their experience of undertaking an **engineering/food manufacturing apprenticeship** and Nestle will showcase how apprenticeships can rival any university qualification. They will also share with you hints and tips on how to perform well during any recruitment process and signpost you to current apprenticeship opportunities with Nestlé UK.

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Nestlé are also offering a **free mentorship programme** to delegates who attend the discovery days and who are interested in pursuing an application for an apprenticeship with Nestlé. The aim of the mentorship programme is to assist students with early careers planning and to provide one to one support from a Nestlé apprentice to mentor applicants through the application and selection process. You register by clicking on this link: <https://nestleapprenticeships.eventbrite.co.uk>

NATIONAL APPRENTICESHIP WEEK – NESTLE VIRTUAL CAREERS FAIR AND WEBINAR – 11TH FEBRUARY, 10AM – 5.30PM

Virtual Careers Fair (10am-4pm)

Nestlé have a number of apprenticeships available for you to learn about as you navigate your way through their virtual career booths. You will be able to chat with them throughout the day so they can answer any questions you may have about apprenticeships, their application process, the Nestlé culture and more.

Virtual Live Webinar (4pm-5.30pm)

Nestlé Academy are hosting a webinar for National Apprenticeship Week. This is an opportunity to find out more about Nestlé and their early career opportunities. This is an opportunity to get to know the Academy and most importantly, their past and current apprentices. They will talk you through their personal career journeys and what being on a scheme as an apprentice for Nestlé really means. There will be a live Q&A where you will gain an insight into Nestlé culture, values and opportunities.

To secure your place at the event, please follow the link: [Nestlé Academy – Building Skills for the Future Virtual Careers Fair \(vfairs.com\)](https://www.nestleacademy.com/vfairs.com) and click 'Register Now.'

Do you follow to keep up to date with all that is happening at EPCHS?

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Ellesmere Port Catholic High School

MEET THE 'RUSSELL GROUP' – 10TH FEBRUARY, 12PM-7PM



russellgroup.vfairs.com

Designed for students aiming to study at a Russell Group university, this virtual event will allow you to **explore all 24 Russell Group Universities** and chat to their representatives. You can also take part in 13 live and interactive webinars throughout the day, including a new Parent and Teacher Support session. For more information and to register, please follow the link <https://russellgroup.vfairs.com/>

- **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>

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