



Ellesmere Port Catholic High School

Wk. 2 PARENT BULLETIN 8th Mar 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
YEAR 7	Key Worker & Vulnerable students on site (normal timetable)	Key Worker & Vulnerable students on site (normal timetable)	In school (lateral flow test followed by normal timetable)	In school (normal timetable)	In school (normal timetable)
YEAR 8	Key Worker & Vulnerable students on site (normal timetable)	Key Worker & Vulnerable students on site (normal timetable)	Key Worker & Vulnerable students on site (normal timetable)	Key Worker & Vulnerable students on site (normal timetable)	In school (lateral flow test followed by normal timetable)

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YEAR 9	Key Worker & Vulnerable students on site (normal timetable)	Key Worker & Vulnerable students on site (normal timetable)	Key Worker & Vulnerable students on site (normal timetable)	In school (lateral flow test followed by normal timetable)	In school (normal timetable)
YEAR 10	Key Worker & Vulnerable students on site (normal timetable)	In school (lateral flow test followed by normal timetable)	In school (normal timetable)	In school (normal timetable)	In school (normal timetable)
YEAR 11	In school (lateral flow test followed by normal timetable)	In school (normal timetable)	In school (normal timetable)	In school (normal timetable)	In school (normal timetable)
YEAR 12	In school (normal timetable)	In school (normal timetable)	In school (normal timetable)	In school (normal timetable)	In school (normal timetable)
YEAR 13	In school (normal timetable)	In school (normal timetable)	In school (normal timetable)	In school (normal timetable)	In school (normal timetable)

Lateral Flow Test Form Group Times (parental consent permitting)

	MON 8TH	TUE 9TH	WED 10TH	THU 11TH	FRI 12TH
08:45	11B + 11J	10B + 10J	7B + 7J	9B + 9J	8B + 8J
09:45	11K + 11M	10K + 10M	7K + 7M	9K + 9M	8K + 8M
11:15	11R + 11T + 11C	10R + 10T + 10C	7R + 7T	9R + 9T + 9C	8R + 8T + 8C
13:00			7L + 7C	11B + 11J + 11K	10B + 10J + 10K
13:30			12B + 12K + 12C		
14:00			13A + 13J + 13L	11M + 11R + 11T + 11C	10M + 10R + 10T + 10C

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	Mon 15.03	Tues 16.3	Wed 17.03	Thurs 18.3	Fri 19.3
08:45	7B + 7J + 7K	8B + 8J + 8K	10B + 10J	7B + 7J	8B + 8J
09:45	7M + 7R + 7T	8M + 8R + 8T + 8C	10K + 10M	7K + 7M	8K + 8M
11:15	7L + 7C	9B + 9J	10R + 10T + 10C	7R + 7T	8R + 8T + 8C
13:00	12B + 12R + 12C	9K + 9M	11B + 11J + 11K	7L + 7C	9B + 9J + 9K
13:30	13A + 13J +13L				
14:00		9R + 9T + 9C	11M + 11R + 11T + 11C		9M + 9R + 9T +9C

Green = Please ensure your child arrives at school no earlier than 5 minutes before their appointment time.

Yellow = Tests will be carried out during the school day and organised by the Pastoral Team.

***Please ensure your child arrives in full school uniform and brings a book to read.**

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Test and Trace

HOW TO DO YOUR TEST

WHILE THIS IS A SELF-SWAB TEST, THERE WILL BE A TESTING HELPER WHO WILL OVERSEE THINGS AND PROVIDE HELP IF YOU NEED

1 YOUR COVID-19 TEST WILL BE SCHEDULED. IF YOU ARE UNDER 16, YOUR PARENT / CARER WILL HAVE CONSENTED

2 YOUR TEST WILL BE FAST AND WHILE IT MIGHT FEEL A LITTLE UNCOMFORTABLE, IT WON'T HURT YOU

3 BLOW YOUR NOSE IF NEEDED. WASH AND DRY/SANITISE YOUR HANDS. REMOVE THE SWAB BEING CAREFUL NOT TO TOUCH THE SOFT PART

4 OPEN YOUR MOUTH WIDE AND USE A MIRROR TO LOOK AT THE BACK OF YOUR THROAT, THEN USE THE SWAB TO RUB FIRMLY 4 TIMES ON EACH SIDE

10 SECS

MEDIUM FAST

5 REMOVE THE SWAB CAREFULLY WITHOUT TOUCHING YOUR TEETH, TONGUE OR GUMS

6 GENTLY PLACE IT ABOUT 2-2.5 CM INSIDE ONE OF YOUR NOSTRILS. ROLL THE SWAB 4-5 TIMES ALONG THE LINING OF THE NOSTRIL, THIS WILL TAKE 10-15 SECONDS

7 AFTER THIS, YOU'RE DONE, GENTLY REMOVE THE SWAB BEING CAREFUL NOT TO LET ANYTHING TOUCH THE TIP

8 YOUR SWAB CAN THEN BE PLACED IN A TUBE FOR TESTING, THIS TAKES ABOUT 30 MINUTES

9 YOUR SCHOOL / COLLEGE WILL CONTACT YOU OR YOUR PARENT / CARER WITH THE RESULTS AND LET YOU KNOW WHAT HAPPENS NEXT



Headteacher Message

Dear Parents and Guardians,

Thank you for all you have done throughout this lockdown period.

A text message was sent earlier this week with the times and days that your sons and daughters are expected to return, full details are in the tables above. Just to reconfirm, the

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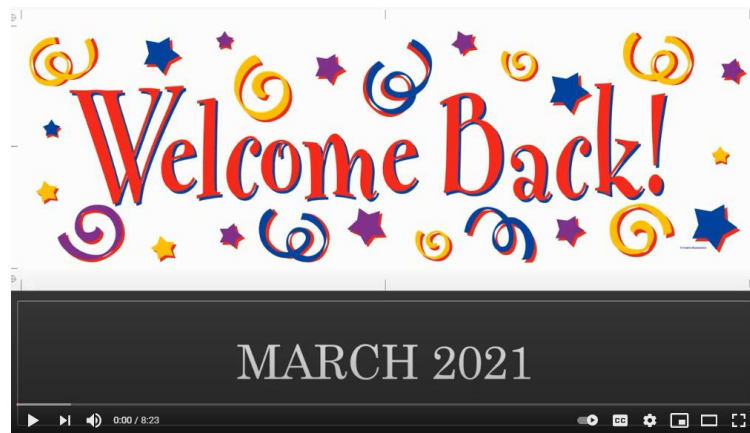
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lateral flow tests are voluntary and require parental consent. Students will not be sanctioned if they do not have a test.

If you have any questions, please do not hesitate to contact us.

Have a lovely weekend and we look forward to welcoming our students back next week – please have a look at our ‘Welcome Back’ message on the school’s homepage:

<https://www.youtube.com/watch?v=Yd8caJ2v8UA>



Mrs Vile

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My prayer for you:

I pray for protection and safety for you and your family. May you trust in the Lord to keep watch over your loved ones and guide them along the best paths for their lives.

For More Prayers Visit 8-images.blogspot.com

SHARE to bless others!

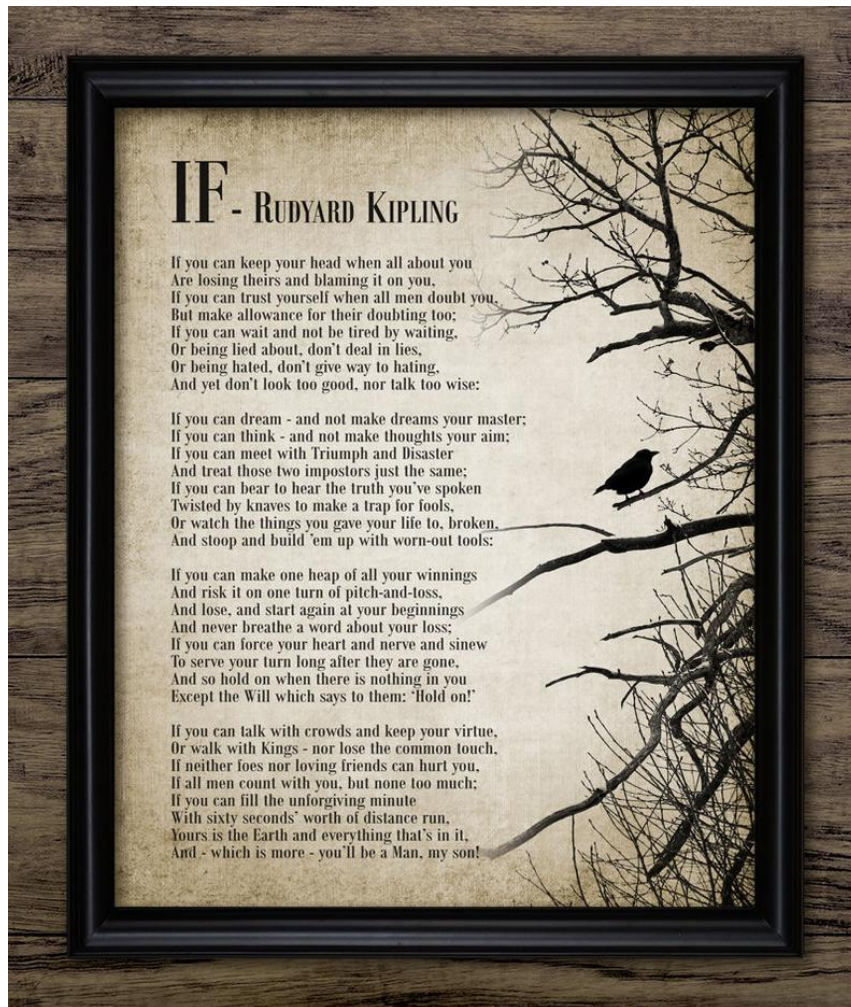
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Rules for schools in England

From 8 March



All pupils in all years can return to schools and colleges



Twice-weekly tests for secondary school and college pupils, initially on-site and then at home



Staff will also be tested regularly



Face coverings must be worn in secondary schools indoors, including classrooms, unless 2m social distancing is possible



Face coverings also recommended in early years and primary schools for staff and adult visitors where social distancing between adults is not possible



After school clubs and children's sport activities can resume



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Notifications

- **Challenging Prejudice with the Anne Frank Trust**

Year 12 History A Level students worked with the Anne Frank Trust in order to create a powerful film, interviewing staff across the school about their experiences of prejudices throughout their lives, from a variety of perspectives. We wanted to create this film in order to challenge stereotypes, create discussion but also to reinforce the inclusivity of our school community.

<https://epchs.co.uk/challenging-prejudice-with-the-anne-frank-trust/>



- **Face Coverings**

In line with Public Health England advice, on Monday 22 February, the LA temporarily extended their policy on the use of face coverings in education as part of the system of controls.

They recommend that in those settings where pupils and students in year 7 and above are educated, face coverings should be worn in classrooms and during activities unless social distancing can be maintained. This does not apply in situations where wearing a face

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covering would impact on the ability to take part in exercise or strenuous activity, for example in PE lessons.

These measures will take effect from Monday 8 March and will be reviewed at Easter.

Safe wearing and removal of face coverings

It is vital that face coverings are worn correctly and that clear instructions are provided to staff and students on how to put on, remove, store and dispose of face coverings in all of the circumstances above, to avoid inadvertently increasing the risks of transmission. Safe wearing of face coverings requires the:

- cleaning of hands before and after touching – including to remove or put them on
- safe storage of them in individual, sealable plastic bags between use.

Where a face covering becomes damp, it should not be worn, and the face covering should be replaced carefully. Staff and students may consider bringing a spare face covering to wear in the event that their face covering becomes damp during the day.

Staff and students must:

- not touch the front of their face covering during use or when removing it
- dispose of temporary face coverings in a 'black bag' waste bin (not recycling bin)
- place reusable face coverings in a plastic bag they can take home with them
- wash their hands again before heading to their classroom

Access to face coverings

It is reasonable to assume that staff and students will now have access to face coverings due to their increasing use in wider society. We have a small contingency supply available for staff and students who:

- are struggling to access a face covering
- are unable to use their face covering as it has become damp, soiled or unsafe
- have forgotten their face covering

No student will be denied education on the grounds that they are not wearing a face covering.

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Exemptions

Some individuals are exempt from wearing face coverings. This applies to individuals who:

- cannot put on, wear or remove a face covering because of a physical impairment or disability, illness or mental health difficulties
- speak to or provide help to someone who relies on lip reading, clear sound or facial expression to communicate

Please contact a member of the Pastoral Team for exemption from wearing a face covering.

Further information on the use of [face coverings in education](#) can be found in our guidance.

Mr Jones

- **The EPCHS Way**

To celebrate all the positives of what our students have achieved during lockdown we have created #theEPCHSway. This is an opportunity for you, as parents and guardian to share all the great ways in which your child has shown their excellent virtues through the pandemic.

Have they helped in the local community, shown a great balance in relation to their school work and wellbeing? Have they helped home school their younger siblings? Have they made a difference and made it count?

If you believe they have shown a positive personal development then please share it with us. All submissions will see the student entered into a prize draw for a £20 Amazon voucher. Our students deserve recognition for their successes and displays of positive virtues so please do share with us your thoughts via QR code link.

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For further information please see the full details which can be found in the attached PDF.

Mr Hughes

- **Mrs McHugh's Library News**

Congratulations to the following students in years 7 and 8 who have read a book (or books, number of books in brackets) and successfully quizzed on Accelerated Readers!
Achievement Points and recognition by Head of Year goes to...

Kaysi Fissenden 17
Scarlett Broderick 2
Alicia Parkes 1
George Phillip 2
Harry Walker 1
Stanley King 2
Shea O'Sivyer 2
Ella Toan 1
Flourish Uloho 6
Holly Wildman-Andrews 3
Nathaniel Wiseman 3
Sebastian Laskowski 1
Alexandra Speirs 1

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Christian Stafford 2
Isabelle Lawrence 2
Fred Parkin 1
Sophie Dover 1
Francesca Saville 1
Julia Charubin 3
Ellis Carney-Reid 4

Congratulations to our Top myON readers this week! **Achievement Points and recognition by Head of Year goes to...**

Year 7: Kaysi Fissenden, Flourish Uloho, Nathaniel Wiseman, O'Shae Sivyer, Jacob Pugh, Kaden Boulton, Conor McCone, Alicia Parkes, Holly Wildman-Andrews, Aaron Taylor.

Year 8: Ellis Carney-Reid, Christian Stafford, Julia Charubin, Olivia Shore, Francesca Saville, Fred Parkin, Sophie Dover, Blake Disley, Beth Hill.

Year 9: Praiseworthy Uloho, Martin Stepien, Pascal Riverol, Oliver Stewart, Darragh Byrne, Molly Hamer, Eveleena Sajy, Kieron Sanderson.

Thursday 4th of March saw us celebrate **World Book Day!** *Reading for pleasure* allows us to escape into another world and forget about the world around us. ***Reading for pleasure is the single biggest indicator of a child's future success*** – more than their family circumstances, their parents' educational background or their income.

All the staff at EPCHS understand the fundamental role reading plays in terms of well-being, educational attainment and future life chances. We want to see *all* our students develop a *life-long habit of reading for pleasure* and recognise the improved life chances this brings.

To support a love of reading EPCHS has introduced myON the online reading portal to support and encourage reading across the whole school during lockdown. **IT IS AVAILABLE TO ALL YEAR GROUPS!** We've produced weekly recommendations in ***Mrs McHugh's Library News*** and encouraged students to enter fun reading based competitions! We will continue to promote these fantastic resources now that students are returning to school. Furthermore, we have a well-stocked and up-to-date library in school. **All year groups are**

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encouraged to make use of their library! And we promote and encourage our students to use the local library in Ellesmere Port too.

We believe that in partnership with parents we can really ensure reading is kept on the radar! By working together with a home school partnership we can all reap the rewards of a reading revolution!

Please continue to support your child with reading, together we can make great things happen.

- **SIXTH FORM INFORMATION & GUIDANCE**

UNIFROG UK UNIVERSITY WEBINAR SERIES

UK University webinar series

Hear from leading institutions across the UK to find the right university for you

With 13 sessions from 1 to 11 March

Sign up for free at [unifrog.org/webinars](https://www.unifrog.org/webinars)

Unifrog will continue to host their series of free webinars from 8th - 11th March with 40+ UK Universities to help students to decide where to apply. Each webinar will focus on a different region in the UK. Students can sign up on the Webinars tile of their Unifrog homepage or by following this link www.unifrog.org/webinars

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STEM SUMMER WORK EXPERIENCE AT DARESBURY LABORATORY

A reminder that the **Science and Technology Facilities Council at Daresbury Laboratory** are encouraging applications for their online **STEM** work experience programme. This is for students in **Years 10-12**. It will be for a duration of **one week in either July or August**. The programme meets relevant Gatsby benchmarks. Applications are now live. The **closing date for applications is 15th March**

You can find out more about the programme and apply via this link:

<https://stfc.ukri.org/about-us/work-with-us/work-experience/workexperienced/>

UK UNIVERSITY AND APPRENTICESHIP SEARCH: VIRTUAL FAIR



The UK University & Apprenticeship Search Virtual Fair is **taking place on 17th March 2021, 12pm-6pm**. This is a fantastic opportunity for students from Years 11, 12 and 13 to explore **over 100 universities, colleges and apprenticeship providers** from across the UK. It is an opportunity to engage with Admissions Officers and Student Ambassadors from Universities to have your questions answered. There will also be virtual campus tours and 10 live webinars taking place on a range of subjects from apprenticeships to writing a personal statement. For more information or to register go to www.ukunisearch.vfairs.com

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UK UNIVERSITY AND APPRENTICESHIP SEARCH: WEBINAR WEDNESDAYS

These continue next week and will support **Year 12s** as they begin to think about their next steps and how they can strengthen their university, college or apprenticeship applications. Each webinar will be led by experts from universities or apprenticeship providers and will feature a Q&A session.

Date	Title	Link to register (if the link doesn't work from here cut and paste it into your browser)
10 th March	Applying to university: advice and top tips for writing and structuring your personal statement	https://zoom.us/webinar/register/WN_JIZEbqqIRkyEOajULsXUaA
24 th March	Applying to creative courses: insight in how to put together a portfolio for art and design courses	https://zoom.us/webinar/register/WN_nsnL9kbXTSyevvm4tpp9bA

WHAT CAREER LIVE AND WHAT UNIVERSITY LIVE - 19th & 20th MARCH - FREE VIRTUAL EVENT

'What Career Live and What University Live' is a virtual event taking place on **19th March (10am-5pm)** and **20th March (11am-3pm)**. It will give students the opportunity to listen to and speak to Universities and Companies in real time, get expert advice and benefit from 1-to-1 support to help kick start their futures. There will be talks from universities and companies (both real time and on demand), workshops, a CV clinic, a US university zone, a creative hub, a parent's lounge, a careers advice lounge, a disability support hub and a 'Buskers Corner' where you can listen to and watch

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performances by students from the Access Creative College. This event is **free but tickets need to be booked in advance.**

To do this and for more information go to [Virtual Event - 19 & 20 March 2021 | What Next? \(whatcareerlive.co.uk\)](#)

- **Safer Schools and Young People Partnership - Newsletter 5**



Welcome All,

With everyone returning to school next week hopefully normality will return. In the meantime, here is the 5th Edition of our newsletter on the subject of drugs.

Drugs are chemicals that change the way a person's body works. You've probably heard that drugs are bad for you, but what does that mean and why are they bad?

The drug lingo and usage that your kids know about and you should too, 'A skittle Party' isn't about sweets and 'Molly' isn't only a girl's name anymore.

Welcome to today's drug culture of 'code names' and street terms', you may not know what these words mean, but more than likely your kids do.

If your child is using drugs, there will be an overall change in behavior and friends. Teens might be more lazy than normal and their grades will drop across the board, this could be an indicator of something else that's extremely stressful on a teens life to, but when you look at all of them, something isn't right.

In an effort to help you stay informed, here is a list of some unsafe drugs that are trending and have been popular recently:

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“Beezin” - This most recent trend involves teens rubbing Burt’s Bees lip balm onto their eyelids. The balm contains peppermint oil, which creates a tingling sensation that teens claim enhances the feeling of being drunk or high, helps keep them alert after a long night and increases their attention span. However, this can irritate eyes and even cause an eye infection or swelling. Teens think it’s safe to do this because Burt’s Bees is “natural” and won’t cause any harm, but that is far from the truth.

“Sizzurp” – This concoction is made by combining soda, sweets (skittles) and prescription cough medicine with codeine in it. This lethal cocktail is highly addictive because of the sweetness and is supposed to provide the user with a euphoric high. But it is extremely dangerous because it can lead to seizures and possibly cause you to stop breathing. Popular culture, including hit songs and Internet videos highlight this drug and refer to it as “purple drank,” “lean” and “syrup.”

E-cigarettes – This electronic form of cigarettes are battery-operated devices that produce flavored nicotine that look and feel like tobacco smoke. Even though e-cigarettes do not contain tobacco, they still supply nicotine which is a highly addictive drug. But still, e-cigarettes are legal for adults. Some teenagers have used e-cigarettes to smoke marijuana and replace the nicotine with THC. Synthetic marijuana in liquid form can be ordered from the Internet and the user can get a high that is extremely potent because there is no method of dose control.

Club drug: MDMA – This stimulant enchants users because of its euphoric and energetic effect. It can come in a crystallized powder form “Molly” and in pill form “ecstasy.” Teens and young adults take this drug at raves, nightclubs and concerts to dance vigorously and heighten the feelings of emotional closeness. However, taking this substance can lead to dehydration, high blood pressure and severe rises in body temperature. It also can result in complications including heart attacks, heart failure, strokes and kidney failure.

Synthetic weed – This fake weed is a popular option for teenagers because it doesn’t show up in drug tests like regular weed. But it is incredibly unsafe and toxic because as chemists synthesize the weed, it becomes stronger and up to 80 times more potent than regular weed. There are several detrimental side effects including extreme agitation, anxiety/paranoia,

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vomiting, hallucinations and even brain damage. "Spice," "K-2" and "Yucatan Fire" are names associated with it.



Prescription drug: Xanax – This pill is prescribed to alleviate anxiety and panic disorders. It is extremely addictive and highly abused. Teenagers mistakenly believe that because it's a prescription drug, it's safer than street drugs and is free from harmful side effects. The most common street names are "bars" and "Z-bar."

The bottom line is both legal and illegal drugs are dangerous and can have devastating consequences, even for adults.

Please see the below links for help and advice with drink/ drugs.



Marijuana is a free self-group that supports stopping using marijuana (cannabis); [Marijuana Anonymous UK \(marijuana-anonymous.org.uk\)](https://www.marijuana-anonymous.org.uk)



For open and honest advice and information about drugs please have a look at the talktofrank website. There is a wealth of information and there is also guidance on what to do in an emergency; www.talktofrank.com/

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If you are or some else is struggling with drug use there is help and advice out there, do not suffer in silence. There is help and support available on the NHS website; www.nhs.uk/live-well/healthy-body/drug-addiction-getting-help/



For advice about alcohol, Childline is a good site to look at and covers a wide variety of other topics; www.childline.org.uk/info-advice/you-your-body/drugs-alcohol-smoking/alcohol/

If you are old enough to have an Instagram account, have a look at the Your Police UK page, it has lots of interesting age related content and advice and it's updated regularly; www.instagram.com/yourpolice.uk/



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Kind Regards

PC Sarah Bailiff

Youth Engagement Officer

Safer Schools Partnership



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