



EPCHS Student 'PD' Bulletin #52

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

St Jerome, inspire us to encounter Jesus in His Word,

just as you did.

Begin now
to be what you will be
hereafter.

(ST JEROME)



St Jerome was a priest born in the 4th century. He dedicated his life to serving the Church, particularly to translating the Bible into Latin, a language that the people of his time would understand.

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



www.facebook.com/EllesmerePortCatholicHighSchool



@EPCH_School

PHYSICAL EDUCATION DEPARTMENT

Extracurricular Timetable 2021/22

MONDAY Lunch & 3-4pm	TUESDAY 3-4pm	WEDNESDAY 3-4pm	THURSDAY 3-4pm	FRIDAY 3-4pm
GIRLS: Yr. 7 & 8 BADMINTON (LUNCH) - CLO	GIRLS: Yr. 7 & 8 NETBALL - CLO	GIRLS: Yr. 9, 10 & 11 NETBALL – CLO Yr. 7 & 8 GYMNASTICS (LUNCH) - CLO	GIRLS: Yr. 7 & 8 & 9 FOOTBALL - GTR	GIRLS: Yr.11 BASKETBALL - JPR
BOYS: Yr. 7 & 8 BADMINTON (LUNCH) - CLO	BOYS: Yr. 7 & 8 FOOTBALL -THT	BOYS: Yr. 9, 10 & 11 FOOTBALL -THT	BOYS: Yr. 7 & 8 RUGBY - NAN	BOYS: Yr. 11 BASKETBALL - JPR
GIRLS: Yr. 7 & 8 BASKETBALL - JPR	BOYS & GIRLS: SIXTH FORM SPORTS -JPR	BOYS & GIRLS: Yr. 9 BASKETBALL - JPR	GIRLS: Yr. 10 BASKETBALL - JPR	
BOYS: Yr. 7 & 8 BASKETBALL - JPR	BOYS: Yr. 9, 10 & 11 RUGBY - NAN	BOYS & GIRLS: BADMINTON – GTR (Intervention exam classes)	BOYS: Yr. 10 BASKETBALL- JPR	

Ready . Respectful . Safe





“Great things happen when you care”

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



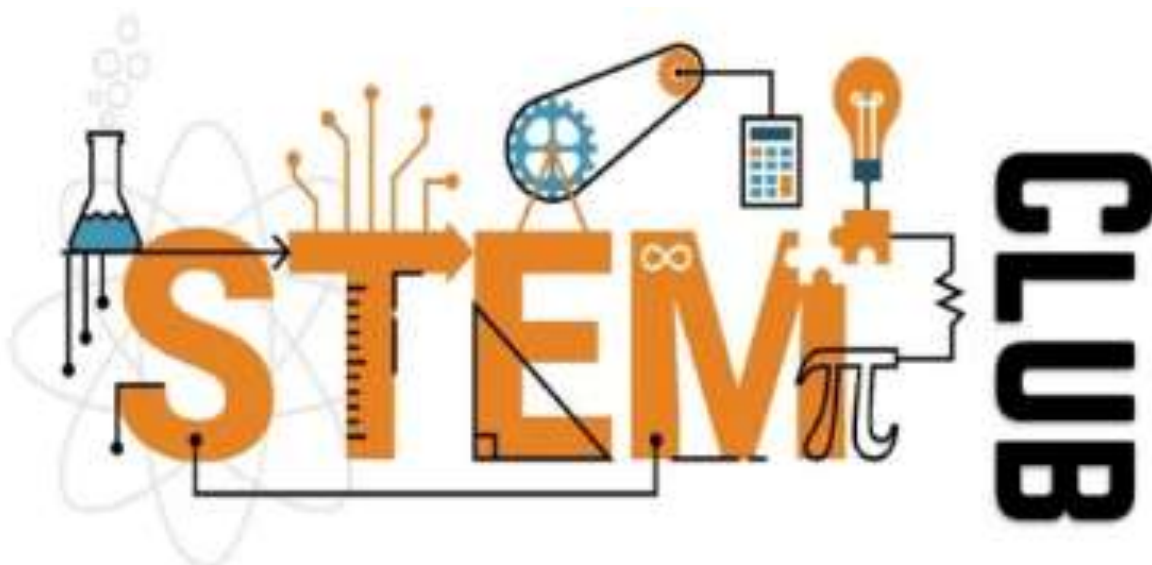
Our school Equality and Diversity Club are on Teams and will be meeting soon...

If you would like to join our newly formed club and begin to celebrate equality and diversity at EPCHS then **speak or message Mr Patel or Mr Hughes**, who will add you in to the Team. In the coming months the Team will be organising a number of events to celebrate diversity across the school. The club is open to all and all are welcome...



STEM Club is on every Tuesday...

STEM Club is every Tuesday with Mr Hickman in C2, 3-4pm. **All students are welcome from KS3 and KS4**, so don't miss out on this great opportunity – Science, Technology, Engineering, Mathematics and much more!



You can also follow our STEM Club on twitter [@STEMEPCHS](https://twitter.com/STEMEPCHS)

School Field at lunch time...

Last year Mr Cavanagh shared with you the new rules for the School field at lunchtime. As a quick reminder please check them out below:

- Footballs to be collected from the centre of the field.
- Footballs to be returned on the blow of the whistle 12.50pm.
- Poor language and behaviour will result in a 1-day suspension from the field.
- All litter must be removed from the field before the end of lunch.



You know how to **#MAKEITCOUNT** – You can do it and **RESPECT** the game!

Covid-19 Testing...

It is recommended that ALL students continue to take Lateral Flow Tests at home, twice weekly.

You should report the results straight away, whether positive, negative or void, either online at gov.uk/report-covid19-result or by calling 119, free from your mobile or landline. If the test is positive then the person should also take a confirmatory PCR test and follow the latest government guidance.

Around 1 in 3 people with COVID-19 have no symptoms and can spread it without knowing. Taking regular rapid tests will help give you peace of mind that your child is not spreading the virus without knowing.

Please help to continue keep your community safe. Thank you.

Thinking about your next steps?



ELLESMERE PORT AND CHESTER
VIRTUAL CAREER EXPOS

Tuesday 5th October 18:00 - 19:30

Hear from employers based in Ellesmere Port, Chester and beyond to discuss the best career/study path for you

Register today!



Free and open to all, especially those in Year 10-12 including parents/carers. Watch a series of videos and take part in our live, fully moderated chat function, allowing you to ask questions safely and directly to employers and education providers during the live event.

Whether you are deciding on subjects to study or careers to pursue, this is a great step to help you to explore your options.

- ✓ Meet a wide range of local employers.
- ✓ Learn about apprenticeships and T-level progression routes.
- ✓ Understand your local college options and ask questions directly.
- ✓ Find out more about going to university and interact with local universities.

The upcoming event dates and details to register are below:

Ellesmere Port and Chester - Tuesday 5th October, 18:00 - 19:30 [Register today](#)

Macclesfield (Wilmslow, Poynton and Knutsford) - Thursday 7th October, 18:00 - 19:30

[Register today](#)

Wellbeing Drop-in...

Please remember Mr Patel and Miss Davies, our Learning Mentors are both available at lunch for Wellbeing drop-in. If you would like to see them, just find them on the yard at break or lunch.

Extra-curricular clubs at EPCHS...



KEY STAGE 3 HISTORY FILM CLUB

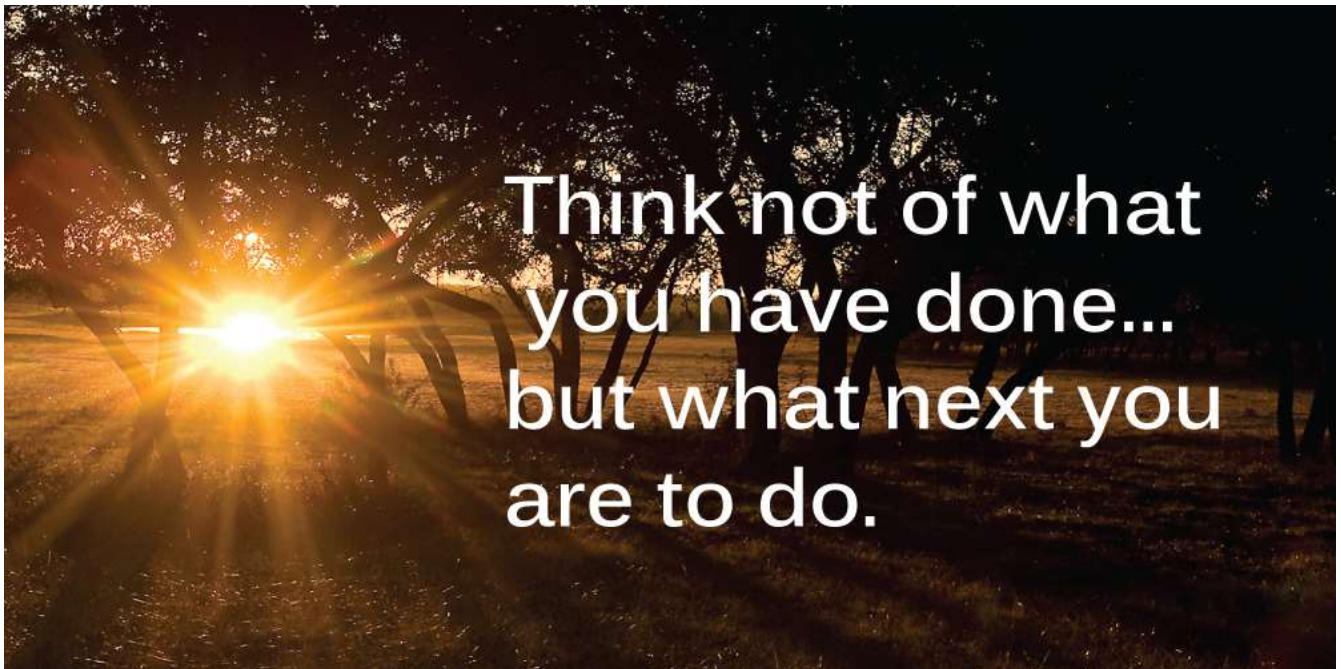
HOLLYWOOD VS. HISTORY

EVERY MONDAY LUNCHTIME
ROOM B14 WITH MR PARKIN
STARTING 13TH SEPTEMBER 2021

Mr Parkin is starting a new Key Stage 3 History Film Club. Open to ALL Year 7, Year 8 and Year 9 students the clubs will compare the Hollywood screen hits to the real events through the study of history.

For further information, please see Mr Parkin in B14 during the week.

Thought of the Week...



We have had an amazing take-up for the Duke of Edinburgh's Award, over 70 letters have been given out this week so far! If you would like to take part, develop yourself as a person and make a difference then see Mr Hughes for a letter ASAP.

Year 9 – Bronze Award

Year 10 and above – Silver Award

For further information of to find out more check out:

www.dofe.org



**YOUTH
WITHOUT
LIMITS**



Because there's no better way to... try new things, meet new people, discover new talents, learn new skills, see what you're made of, give to your community, feel more confident, make a difference, recognise your potential, boost your wellbeing – and know that whatever life throws at you, you're ready.



**So what are you waiting for?
Join DofE at www.dofe.org**

Mental Health Matters

Need urgent mental health support?

Anyone can experience a low mood, increased anxiety or poor mental health. A free 24/7 all age urgent mental health helpline is available to residents across the borough, provided by Cheshire and Wirral Partnership NHS Foundation. Call **0800 145 6485** for urgent mental health support.



New mental health text messaging service launched for Cheshire and Merseyside

Cheshire and Merseyside Health and Care Partnership have teamed up with mental health charity Shout 85258 to provide a free text messaging service in the region.

This is a free, confidential, 24/7 text message support service for anyone who is feeling overwhelmed or is struggling to cope. The service is staffed by trained volunteers who will work with you to take your next steps towards feeling better.

Anyone in Cheshire West, Cheshire East or Wirral can text **BLUE to 85258** for immediate support.

Why not practice a little #SelfCare?

	Reach out These are unusual times! Often talking things through with a loved one will help		You time Schedule downtime to do something you enjoy
	Plan Create a revision schedule but remember to include breaks!		Eat & drink well Go for healthy food and stay hydrated
	Shh! Work somewhere where you can concentrate and put your phone down to avoid distractions		Zzz... Try to get enough sleep and don't stay up too late!



Mrs McHugh's Library News



1/10/21

A warm welcome to our new library users in year 7! It's been wonderful to see so many of our **Year 7 students** enthusiastically choosing books and starting their reading journey with EPCHS. We already have some students who've read and successfully quizzed on their books and started banking words! Congratulations to:



Rosalie J, Ava McM, Aussie S, Isabelle S, Favour I, Susan H, Ashling P, Katelyn S, Ellie B, Chloe C.

Our **Year 8 students** have embraced their love of reading too! Students have eagerly started reading and banking words, so congratulations to:



Ellis A, Mat B, Molly C, Megan H, Keira J, Declan K, Alfie M, Flourish U, Bethany G, Rosie P, Ruby S, Kaysi F, Olivia P, Anna C, Millie H, Max TM, Sebastian L, Katie J, Alicia P.



A huge congratulations to students in Years 9 and 10 who are continuing to read for pleasure and who have banked impressive word counts on Accelerated Reader:

Year 9 students: Sophie D **265,123**, Kaydence Y **54,822**, Christian S **30,820**

Year 10: George B **831,633** words banked!

Reading is so important and is the gateway to success in all subjects. Reading also helps you to discover and develop your own interests and talents! The more you read, the **more facts and information** you will acquire and it will help you **to build a wide and rich vocabulary.**

Reading fiction **helps to improve your comprehension** which is so important in all areas of study and will help you enormously in your exams!

As you read, you'll become **more confident and articulate.** You'll improve your self-esteem and promote your wellbeing.

So with all this in mind, why not come to your school library and lose yourself in the plot of a great story! Reading your chosen book is **guaranteed to reduce your stress levels and release tension**, and reading for just 10 minutes before bedtime has been shown to help with a good night's sleep.

If you're in year 9 or above and would like to test your comprehension of the books you're reading with an Accelerated Reader account, just come along to the library and ask for your name to be added onto the system! It's a great way to challenge yourself!

Reading and Empathy

It's always wonderful witnessing the empathy that our students show each other on a daily basis at EPCHS. With this in mind, we can use reading to further develop our sense of empathy and build a better world for us all. So why not read one of these amazing books and ensure you're part of the most empathic generation of global citizens! These books come highly recommended, I loved them and I'm sure you will too! There's something here for all reading abilities and ages.



Seventh grader Jordan Banks loves nothing more than drawing cartoons about his life. But instead of sending him to the art school of his dreams, his parents enrol him in a prestigious private school known for its academics, where Jordan is one of the few kids of colour in his entire grade.

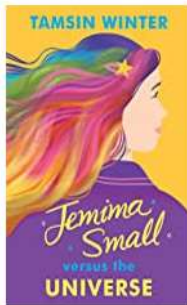
As he makes the daily trip from his Washington Heights apartment to the upscale Riverdale Academy Day School, Jordan soon finds himself torn between two worlds—and not really fitting into either one. Can Jordan learn to navigate his new school culture while keeping his neighbourhood friends and staying true to himself?

Accelerated Reader: Middle Years, Book Level 2.9



Running. That's all Ghost (real name Castle Cranshaw) has ever known. But Ghost has been running for the wrong reasons -until he meets Coach, an ex-Olympic Medallist who sees something in Ghost: crazy natural talent. If Ghost can stay on track, literally and figuratively, he could be the best sprinter in the city. Can Ghost harness his raw talent for speed, or will his past finally catch up to him?

Accelerated Reader: Middle Years, Book Level 4.6



I'm going to tell you the word that ruins my entire life: BIG. Because my name is Jemima Small. But I am exactly the opposite.

Jemima Small is funny and super smart. She knows a lot of things. Like the fact that she's made of 206 bones, over 600 muscles and trillions of cells. What she doesn't know is how that can be true and yet she can still feel like nothing... Or how being made to join the school's "special" healthy lifestyle group - A.K.A Fat Club - could feel any less special.

But Jemima also knows that the biggest stars in the universe are the brightest. And maybe it's her time to shine...

Accelerated Reader: Middle Years + Book Level 4.8



When Allison runs away from home she doesn't expect to be taken in by Marla, an elderly woman with dementia, who mistakes her for an old friend called Toffee. Allison is used to hiding who she really is, and trying to be what other people want her to be. And so, Toffee is who she becomes. But as her bond with Marla grows, Allison begins to ask herself -where is home? What is a family? And most importantly, who am I, really?

Accelerated Reader: Upper Years, Book Level 4.0

These books are just a small selection of amazing books that you can find in your library at EPCHS. Why not come along and choose a book for yourself. Reading can help you to tackle life's challenges and most importantly, give you hope for a better future!

Happy reading to staff, parents and pupils alike!



New clubs and activities starting soon with some already started....

Year 7 - Science Club – Speak to Mrs Jones in C1 for further details

Year 7 - Art Club – Speak to Mrs Moore

Year 9 - Comics and Manga Club – Speak to Mr Hartley

Performing Arts Club – Speak with Mrs Kennedy

Last week saw the first session with Mrs Kennedy and the hall was packed!
The club is every Thursday 3-4pm in the Hall.

EPCHS Music Band

Miss Anglesea is looking to put a band together. She is looking for guitarists, keyboard players, drummers and vocalists. Rehearsals are every Thursday and Friday at LUNCH.
For further information please see the Music Department.



ELLESMERE PORT JUJITSU CLUB



Would you like to learn the way of the Samurai?

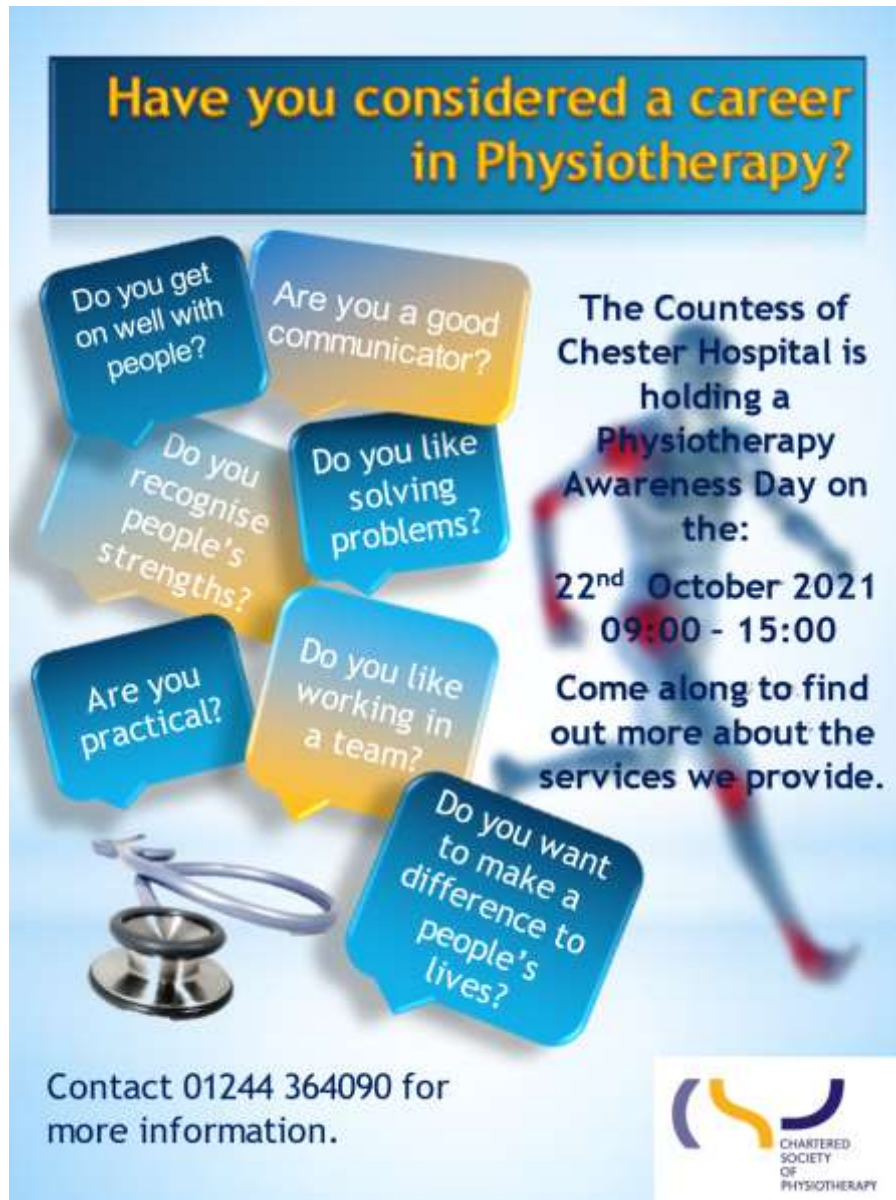


Ellesmere Port Jujitsu Club are offering **free sessions**

Please see Mr Hughes if interested in this new club. This will be after school in our gym and is a great opportunity to be part of.

6th Form information and activities...

Physiotherapy awareness day at the Countess of Chester Hospital – 22nd October: 9am-3pm

A promotional poster for a physiotherapy awareness day. At the top, a blue banner contains the text 'Have you considered a career in Physiotherapy?' in yellow. Below this, several speech bubbles in blue and yellow contain questions: 'Do you get on well with people?', 'Are you a good communicator?', 'Do you recognise people's strengths?', 'Do you like solving problems?', 'Are you practical?', 'Do you like working in a team?', and 'Do you want to make a difference to people's lives?'. A stethoscope is positioned at the bottom left. On the right, text announces the event: 'The Countess of Chester Hospital is holding a Physiotherapy Awareness Day on the: 22nd October 2021 09:00 - 15:00. Come along to find out more about the services we provide.' The background features a blurred image of a person running. At the bottom left, contact information is provided: 'Contact 01244 364090 for more information.' At the bottom right is the logo for the Chartered Society of Physiotherapy, which consists of a stylized 'C' and 'S' in blue and yellow, with the text 'CHARTERED SOCIETY OF PHYSIOTHERAPY' below it.

Have you considered a career in Physiotherapy?

Do you get on well with people?
Are you a good communicator?
Do you recognise people's strengths?
Do you like solving problems?
Are you practical?
Do you like working in a team?
Do you want to make a difference to people's lives?

The Countess of Chester Hospital is holding a Physiotherapy Awareness Day on the:
22nd October 2021
09:00 - 15:00
Come along to find out more about the services we provide.

Contact 01244 364090 for more information.

CHARTERED SOCIETY OF PHYSIOTHERAPY

If you are interested in a career in Physiotherapy, the Countess of Chester Hospital are hosting an awareness day on 22nd October, 9am-3pm. There is a £10 charge to attend this event. Places are limited and on a 'first come first serve' basis. A booking form has been uploaded to the Year 12 and Year 13 Teams.

Ward Round Live – Virtual Hospital Work Experience

'Medical Projects' are again hosting 'Ward Round Live' where you can experience virtual hospital work. This is for students **15 years and over**, who may be aspiring Medics and Healthcare workers. It is a great way for students to get interactive work experience if they are considering study or a career in the Medical and Healthcare sectors.

These events are taking place on **Saturday 16th October and Sunday 7th November, 10am-4pm.**

Please note that there is a charge for this course.

For more information or to register, please go to <https://educationprojects.co.uk/medical-projects/ward-round-live/>

Receive a lower conditional offer to study at Newcastle University via the PARTNERS Programme

The **Partners Programme** is run by **Newcastle University** and is one of the most well established supported entry routes to Higher Education of its kind. Over 6,500 students have studied at Newcastle University via the Partners Programme. It offers a range of support and opportunities to help you make a successful application to Newcastle University. Through the Partners Programme, you could:

- receive a **lower conditional offer** to Newcastle University
- attend the PARTNERS Academic Summer School
- develop skills necessary to be a successful student
- meet other students and increase your confidence
- receive support through the application process, on results day and after entering the university.

If applicants are successful in receiving a PARTNERS offer for their chosen course, they must complete the **PARTNERS Academic Summer School (PASS)**. The dates of the event are dependent upon several variable factors, including the ongoing public health situation, exam timetables and academic semesters. However, the event is likely to take place during **27 June – 8 July 2022.**

As soon as Newcastle University are in a position to confirm the exact dates of PASS 2022, they will notify applicants via email. This information will also be confirmed on their website at the earliest opportunity.

For more information. please go to: <https://www.ncl.ac.uk/partners/>

InvestIn – Autumn career experience programmes

These programmes are delivered live or online. The sessions, run by experienced professionals, will be interactive and hands on. You can choose from 28 careers. **Please note that places are limited and there is a charge for them.** For more information, please go to <https://investin.org/pages/choose-your-career>

Would you know what to do if you found someone unresponsive and not breathing normally?

This simple guide could help save the life of an adult one day, push to start...

What to do if someone is unresponsive and not breathing normally

1. Call 999/112 for emergency help

- > Ask if an AED is nearby



2. Lay a piece of towel or clothing over the casualty's nose and mouth



3. Pump

- > 30 chest compressions at a rate of 100-120 per minute
- > Do not give rescue breaths
- > Continue to pump until help arrives.



Make sure you always have life saving knowledge at your fingertips. Download our free first aid app from your app store today.

sja.org.uk

St John
Ambulance



