



EPCHS Student 'PD' Bulletin #53

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

No act of kindness, no matter how small is ever wasted



Daily Scripture - Psalm 145

The Lord is good to all, and his compassion is over all that he has made.



When was the last time you showed compassion for someone?

This week, think about how you can be more compassionate for others.

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

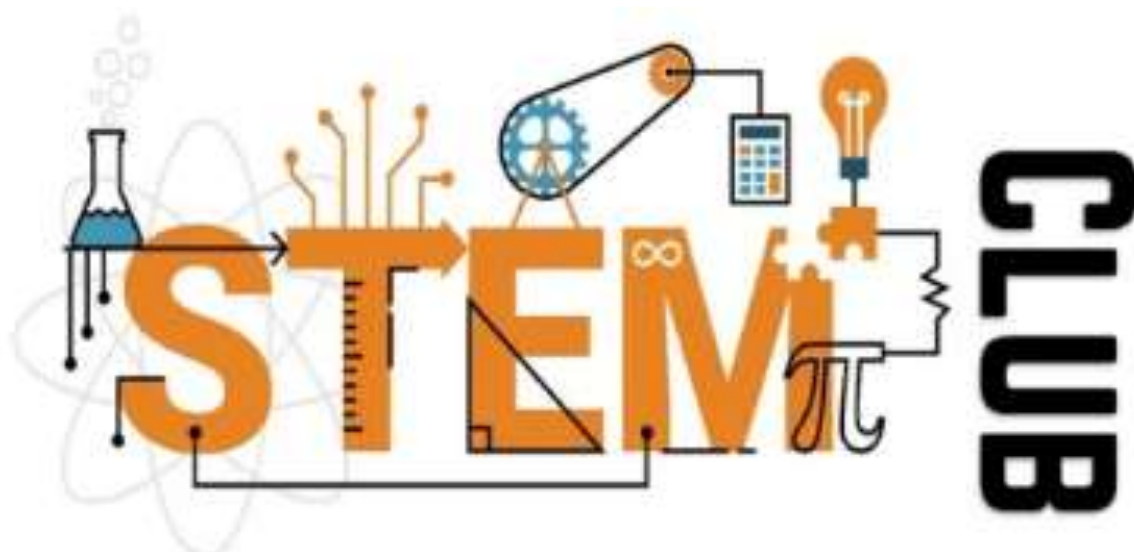
MONDAY Lunch & 3-4pm	TUESDAY 3-4pm	WEDNESDAY 3-4pm	THURSDAY 3-4pm	FRIDAY 3-4pm
GIRLS: Yr. 7 & 8 BADMINTON (LUNCH) - CLO	GIRLS: Yr. 7 & 8 NETBALL - CLO	GIRLS: Yr. 9, 10 & 11 NETBALL – CLO Yr. 7 & 8 GYMNASTICS (LUNCH) - CLO	GIRLS: Yr. 7 & 8 & 9 FOOTBALL - GTR	GIRLS: Yr.11 BASKETBALL - JPR
BOYS: Yr. 7 & 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



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

Dear Pupils,

Introducing SAM Learning

At school we are always looking for ways to extend our pupils' learning. Part of our improvement programme involves the use of SAM Learning, a unique online service that offers multiple subjects. Studies show that pupils achieve 2 GCSE grades on average better than expected with as little as 10 hours or more use of SAM Learning.

Access Details

As one of our pupils, you are able to access the service at anytime and anywhere, whether you are at school, but also at home, in the library and community centre – and it works on any device, from smartphone to home PC. All you need to do is visit the website and enter your unique login details:

Website address: www.samlearning.com

Centre ID:	CH65EP
User ID:	Date of birth followed by two initials: first name then last name. Example: 010804DJ is the User ID for David Jones born 1st Aug 2004.
Password:	Initially same as your User ID, you are encouraged to change this to something difficult to guess.

It is advised that you keep a record of your access details in your planner

Getting Started

When you first log in, you will be able to set up your own Avatar – which you can customise, as you complete challenges – as well as link with your friends to compete in challenges.

Your teachers will show you how to use the service and you might wish to show your parents how it works. The service enables your homework's to be set and marked online, which means you can easily see how well you are getting on.

All pupils in Year 7, 8, 9, 10 and 11 should be checking SAM Learning accounts regularly to complete homework set by your teachers and engaging with independent revision.

We hope that you are able to take full advantage of SAM Learning and wish you the best of luck in your studies.

Yours sincerely,

Mr M Cavanagh
Assistant Headteacher Implementation

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](https://www.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.



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's Key Stage 3 History Film Club is up and running! Open to ALL Year 7, Year 8 and Year 9 students the club is comparing 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.



We have had an amazing take-up for the Duke of Edinburgh's Award, over 80 letters have been given out 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. **All registration forms must be returned by Friday October 22nd.** Thank you.

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!

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?

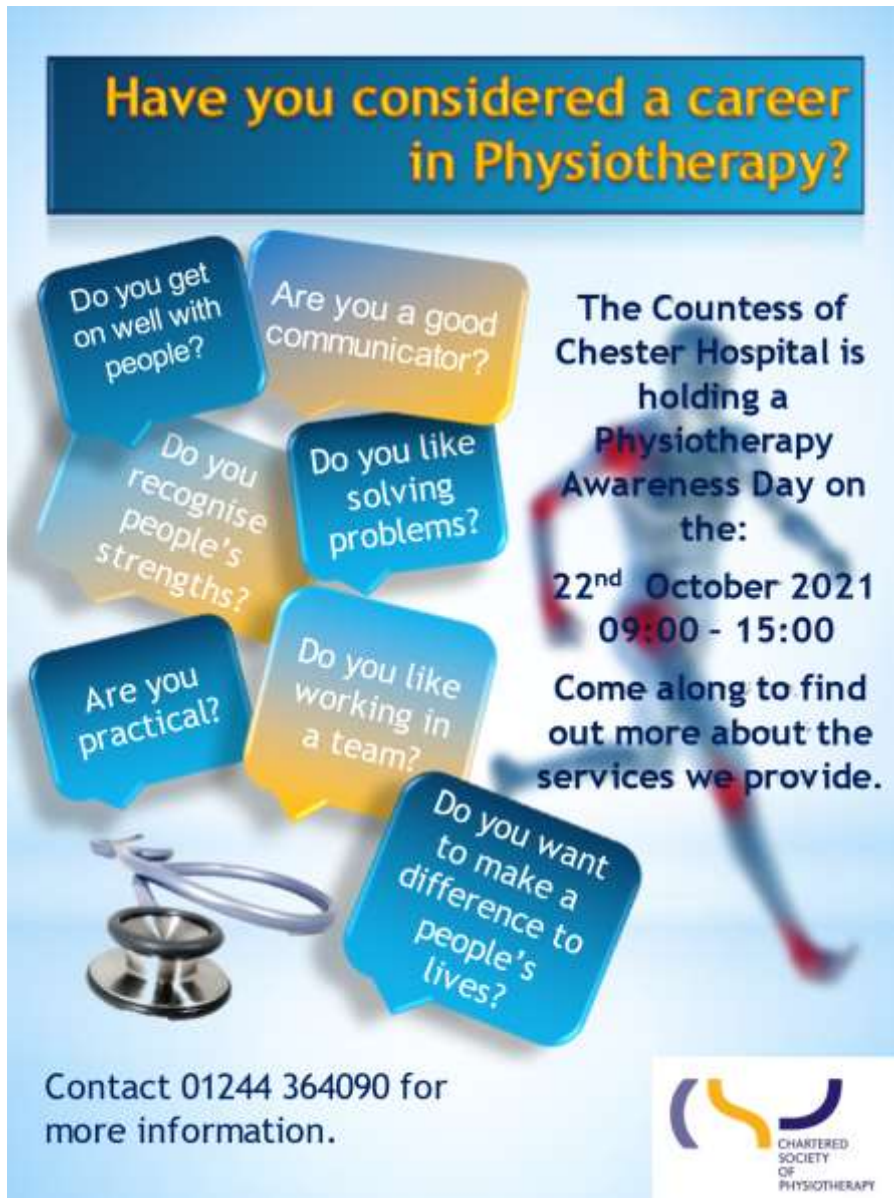


Ellesmere Port Jujitsu Club are offering **free sessions**
Please see Mr Hughes if interested in this new club.

**This will be after school in our gym over the next half term.
Starting at 4pm on Friday, November 5th, this after school is a great
opportunity to stay active, meet new people and learn a new skill.**

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 and white. 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 shown 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 right is the logo for the Chartered Society of Physiotherapy.

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.

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>

Medical Work Experience Week - 24th to 30th October – London

Organised by 'Medical Projects', this work experience week will give you the opportunity to gain insight into the profession of Medicine, ready for personal statement writing and interviews. It will take place in London and include:

- NHS Doctor & medical student teaching.
- A & E hands-on simulations using Medical Manikins.
- Simulations to develop skills for medical school e.g. teamwork / communication skills / decision making / working under pressure.
- Practical clinical skills i.e. cannulation / taking blood.
- Application advice for Personal statements, entrance examinations, medical school insight.
- Mock MMI Interviews with personal feedback.
- Accommodation with breakfast and dinner in London

They have spaces on their October work experience week, taking place from 24th-30th October.

Please note that you have to pay to attend.

For more information, please go to <https://educationprojects.co.uk/medical-projects/uk-medical-work-experience-course/>

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/>

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/>

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.

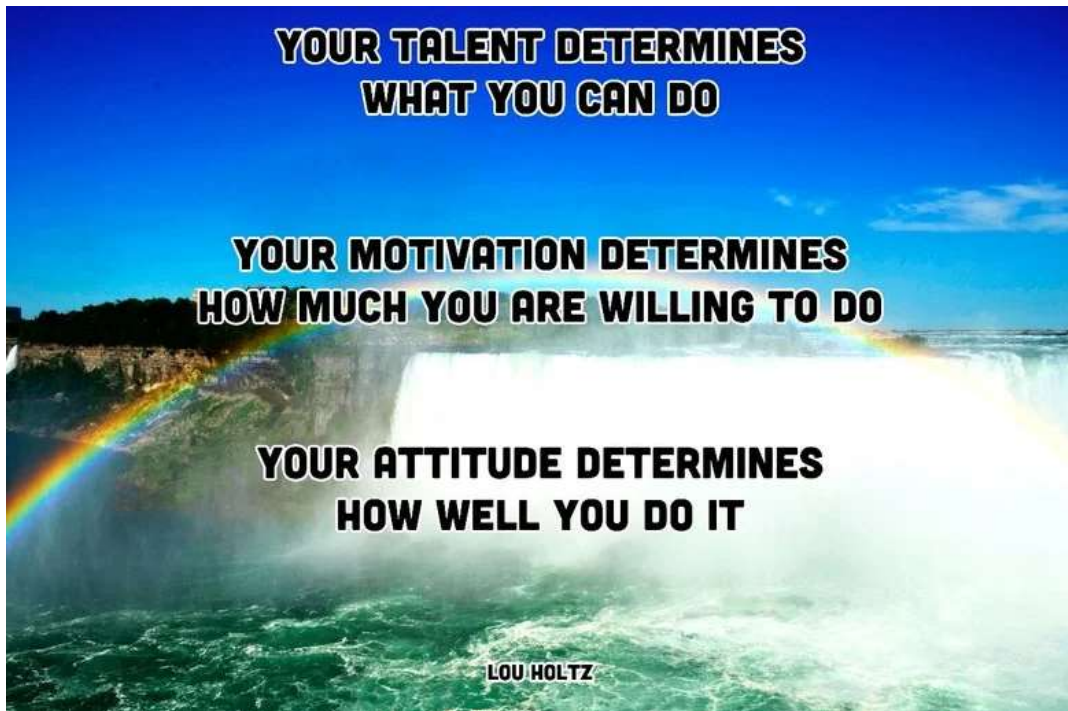


Make sure you always have life saving knowledge at your fingertips. Download our free first aid app from your app store today.

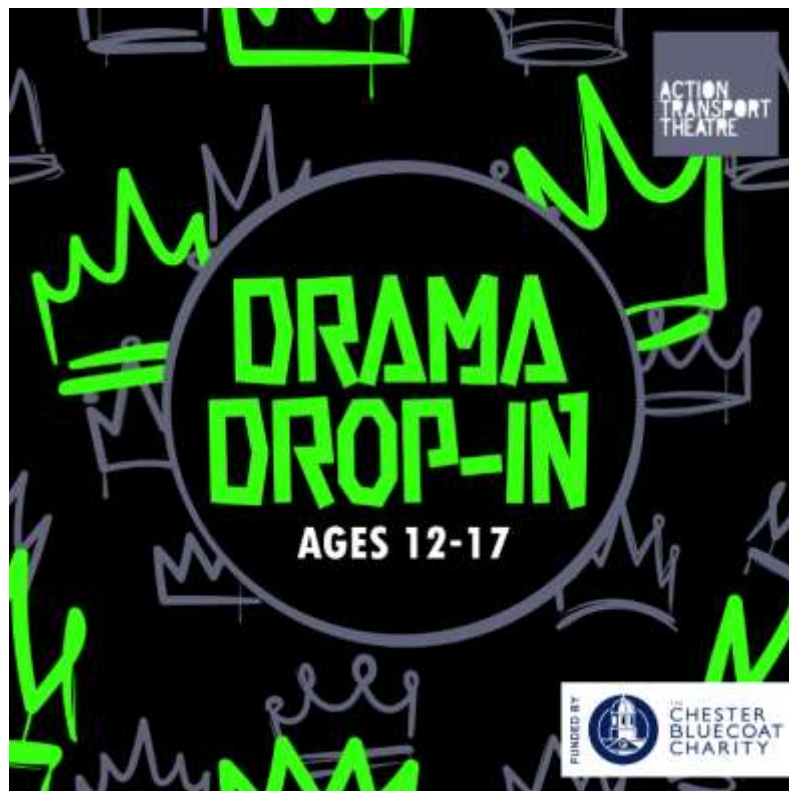
sja.org.uk

St John
Ambulance 

Thought of the Week...



Action Transport Theatre...



Drop-In (12-17) is a drama session for young people and creative collaborators. Sign up at:
<http://actiontransporttheatre.org>

MENTAL HEALTH HELPLINES AND SUPPORT SERVICES



#MentalHealthMatters



MIND INFOLINE

call 0300 123 3393 or text 86463 (9am to 6pm Monday to Friday)



SAMARITANS

call 116 123 (24 hours a day, 365 days a year)



SHOUT

text Shout to 85258 (24 hours a day, 365 days a year)



YOUNG MINDS

Provides info for young people and parents. Call the Parent helpline on 0808 802 5544 (weekdays 9.30am to 4pm)



MIND

mind.org.uk provide mental health information and support including specific guidance for young people



GP OR NHS 111

your local doctor is there to help you with your mental health.



WHAT IF I AM FINDING IT DIFFICULT TO SEEK HELP?

Seeking help isn't always easy. But it's important to remember that **you're not alone**, and that **you deserve support**. If you're finding it difficult to access support, or you've already tried these options and aren't sure where to turn next, see Mind's [facing and overcoming barriers](#) webpage



LOOKING AFTER YOUR MENTAL HEALTH AND WELLBEING

Self-care techniques and simple lifestyle changes may help to prevent or manage the symptoms of some mental health problems. See Mind's pages on [Looking after your wellbeing – for young people](#) webpage

