



# EPCHS Student 'PD' Bulletin #56

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


This week we continue to pray for the  
World Leaders at #COP26

Creator God, please guide us.  
Help us act in love and courage  
To honour You, O Creator,  
And to fulfil our role as protectors of  
The Earth, our common home.  
The poor and the earth are crying out.

O Lord, seize us with your power and light,  
help us to protect all life,  
to prepare for a better future,  
for the coming of your Kingdom  
of justice, peace, love and beauty.  
Amen.



**Pope Francis**  @Pontifex · 6 Nov

Let us care for our common home, and also for ourselves, trying to eliminate the seeds of conflict: greed, indifference, ignorance, fear, injustice, insecurity and violence. Humanity has never before had at its disposal so many means for achieving this goal [#COP26](#)   
[#EnvConflictDay](#)

 479

 2.3K

 13.1K



**Daily prayer is a great way to praise and thank God for all he has done for us.**

**Try and spend some time each day to converse with your Heavenly Father.**

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](https://www.facebook.com/EllesmerePortCatholicHighSchool)



@EPCH\_School

## A message from the Year 11 Prefect Team...

# Eco-Schools

Our schools' Prefect team will be focusing on a new project which is called Eco-School. Our aim is to make EPCHS an Eco-friendlier place, as we work towards accomplishing the 'Eco-Schools Green Flag' award.

In order to achieve our plans, we need you to contribute and help us with the following:

1. Firstly, we would like to try and reduce litter on the yard and around school.
2. Secondly, we would like to reduce pollution by sharing transport or even walking to and from school. Walking is not only better for the environment, but it is also a positive on our physical health.
3. Our final aim is to reduce energy use around school.

**Challenge** ~ To help us reach our goals we set you a task to complete a task which is helping us achieve one of our aims above.

👁️👁️ Keep your eyes peeled 👁️👁️, there may be opportunities coming your way for you to be a part of our Eco-Schools Committee and work towards making a change at EPCHS.



# 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 <b>BADMINTON</b> (LUNCH) - CLO	GIRLS: Yr. 7 & 8 <b>NETBALL - CLO</b>	GIRLS: Yr. 9, 10 & 11 <b>NETBALL – CLO</b> Yr. 7 & 8 <b>GYMNASTICS</b> (LUNCH) - CLO	GIRLS: Yr. 7 & 8 & 9 <b>FOOTBALL - GTR</b>	GIRLS: Yr.11 <b>BASKETBALL - JPR</b>
BOYS: Yr. 7 & 8 <b>BADMINTON</b> (LUNCH) - CLO	BOYS: Yr. 7 & 8 <b>FOOTBALL -THT</b>	BOYS: Yr. 9, 10 & 11 <b>FOOTBALL -THT</b>	BOYS: Yr. 7 & 8 <b>RUGBY - NAN</b>	BOYS: Yr. 11 <b>BASKETBALL - JPR</b>
GIRLS: Yr. 7 & 8 <b>BASKETBALL - JPR</b>	BOYS & GIRLS: <b>SIXTH FORM</b> <b>SPORTS -JPR</b>	BOYS & GIRLS: Yr. 9 <b>BASKETBALL - JPR</b>	GIRLS: Yr. 10 <b>BASKETBALL - JPR</b>	
BOYS: Yr. 7 & 8 <b>BASKETBALL - JPR</b>	BOYS: Yr. 9, 10 & 11 <b>RUGBY - NAN</b>	BOYS & GIRLS: <b>BADMINTON – GTR</b> (Intervention exam classes)	BOYS: Yr. 10 <b>BASKETBALL- JPR</b>	

Ready . Respectful . Safe



### Upcoming fixtures and last weeks' results for our sports teams...

#### Tuesday -

Girls Netball Yr. 7 & 8 Vs Ellesmere Port College @Home

Boys Football - Yr. 7 Vs Cardinal Heenan @Home

#### Thursday -

Boy Football - Yr. 7 Vs Bishops Heber @Away

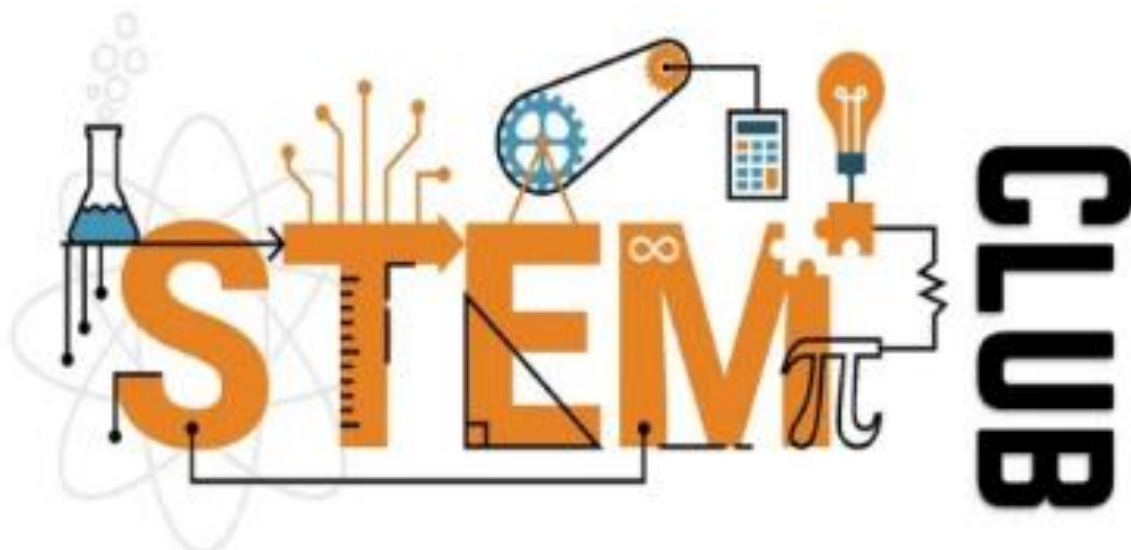
We had some fantastic fixture results this week with Yr.10 boys wining 10-0 against Abbey Gate College and Yr. 10 & 11 Girls Basketball won 30-13 against South Wirral in their first game of the season.

# #MakeitCount

# #TeamEPCHS

## 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

**SAM** Learning | Online study  
with proven results.

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](http://www.samlearning.com)

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

*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.**



“Great things happen  
when you care”

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



## 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...

APRIL 1945, A NATION AWAITS ITS...  
**DOWNFALL**

**KEY STAGE 3 HISTORY FILM CLUB**

**HOLLYWOOD VS. HISTORY**

**THE COURIER**

EVERY MONDAY LUNCHTIME  
ROOM B14 WITH MR PARKIN

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.



Our first session will be 3-4.30pm in the HALL, Tuesday, November 9<sup>th</sup>

Look out for further information on ALL Students Teams

For further information of to find out more check out:

[www.dofe.org](http://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](http://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?





Time to start to think, about the impacts of social media on ourselves. Here is a great example from the charity Young Minds. Yes the statement is about the impact upon your body...but change that one word to life, family, school, a sport, a lifestyle...

## **Notice how social media is affecting the way you feel about your body**

Unfollow accounts that make you feel bad, and try following accounts that make you feel good instead.

Always remember...

# **REMINDER**

**Asking for help  
is not a sign of  
weakness**

# Breathing



Deep breathing activates the parasympathetic nervous system which signals your brain and body to feel relaxed and calm...



## 1 Abdominal breathing... (Adham pranayama)

1. inhale deeply for 4 counts
  2. feel your belly filling with air like an inflating balloon
  3. exhale slowly through your nose for 4 counts
  4. as you exhale allow your belly to deflate
- ~ REPEAT ~



## 2 Full yogic / 3 part breathing... (dirga pranayama)

1. inhale and feel the belly expand
2. allow the air to expand the ribcage
3. as the chest rises, feel the air fill up to the collarbones
- On the exhale, allow the air to first leave the upper chest then abdomen



In yoga terms, we call the practice of breath work 'pranayama'

(The Sanskrit terms for each exercise is in brackets)



## 3 Humming Bee breathing... (bhamari)

1. Sit comfortably
2. inhale deeply and gently
3. as you exhale through the nose, create a humming sound at the back of your throat
4. try closing your eyes and cover your ears to focus the breath

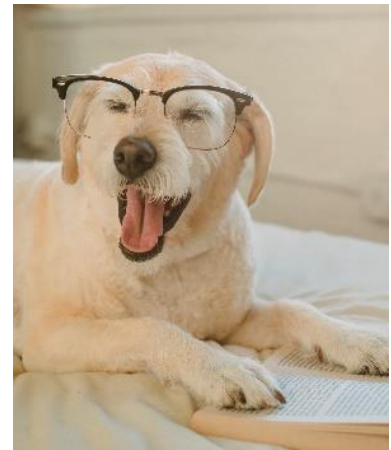


## 4 Alternate nostril breathing... (nadi sodhana)

1. cover your right nostril with your thumb
  2. inhale through the left nostril for 4 counts
  3. cover your left nostril with your little finger and release your thumb
  4. exhale through the right nostril for 4 counts
- ~ Repeat the opposite way ~

APPY HARDING 2021

# Mrs McHugh's Library News



***Calling all Year 7's!*** Have you ever considered yourself a bit of a Poet? Why not come to the library and choose a book of poetry to gain some inspiration to **compose your own piece of poetry!**

Your library at EPCHS has a vast array of poetry books to help you write your own imaginative, emotive and thought provoking poem. If you are interested in entering this completion, come to the library for some guidance from Mrs McHugh or Mrs Williams. **All entries must specify what book of poetry they have used to inspire their composition.**

All entries must be submitted to Mrs Wright on Teams by **Sunday 14<sup>th</sup> November 2021!**

## **Prizes will be awarded for the winning entries!**

- **First place - £10 Amazon voucher, a book mark, chocolate and Achievement Points for your form.**
- **Second place – chocolate, a book mark and Achievement for your form.**
- **Third place – a book mark and Achievement Points for your form.**

# Reading...the Gateway to Greatness!



Congratulations to our Word Count Super Stars! 22<sup>nd</sup>  
October 2021 - 5<sup>th</sup> November 2021

Austin M 729,093, Ava M 343,230, Damian G, 226,061, Isabelle L 160,967, Noah C 127,236, Olivia P 117,134, Lucy G 115,814, Ruby S 113,607, Bethany G 99,750, Rosalie J 91,313, Ethan P 85,466, Charlie R 82,646, Rosie P 73,099, Arnee P 72,756, Ashling P 68,564, Sophie D 60,900, Kian A 54,822, Lily B 54,822, Ross B 54,822, Emma B 54,822, Fraser D 54,822, Harmony E 54,822, Meg I 54,822, Dan R 50,235, Chloe C 47,261, Joseph B 34,864, Ash L 33,939, Stephen M 32,338, Charlie C 28,613, Aussie S 23,534, Jade B 14,522, Esme L 13,079, Elise T 12,5115, Madison L 12,414, Chloe T 11,726, Charlie J 9,997, Antek M 7,634, Beth 7,117, Evie-Rose D 4,962, Sebastian K 4,804, Mason M 4,488 Cory C 4,249.

Happy reading to students, staff and parents alike! And, good luck to our aspiring Year 7 Poets! **Challenge! Can you name these Poets?**





# 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.

If you missed last week's session but would like to join in please see Mr Hughes for a letter before Thursday.

The club takes place in our gym - starting at 4pm, every Friday this half term. This after school club is a great opportunity to stay active, meet new people and learn a new skill.

## 6<sup>th</sup> Form information and activities...

### UCAS/Discovery Apprenticeship Fair LIVE: 30<sup>th</sup> November

This is an on-line event which is an ideal opportunity for students to chat about apprenticeships with many different employers in one place. It is taking place on **30<sup>th</sup> November, 10am-6pm**. For more information and to register, please go to <https://www.ucas.com/events/ucasdiscovery-apprenticeships-fair-404796>

### UCAS 'Create your future': 23<sup>rd</sup> and 24<sup>th</sup> November: design, music, and the performing arts

This is a face-to-face event with hundreds of creative courses, apprenticeships and careers in **design, music, and the performing arts**. It is taking place at the Manchester Central Convention complex on 23<sup>rd</sup> November and 24<sup>th</sup> November, 9.30am-3.30pm on both days. For more information and to register, please go to <https://www.ucas.com/events/create-your-future-manchester-2021-398211>

### **Virtual NHS Healthcare Work Experience Programme: November 2021 - April 2022**

**This is a 6 month programme, one day per month, starting on 7th November.** During these work experience days, students will follow 2 patients from their initial presentation to recovery. They will observe healthcare professionals as they interact with the patients and each other. They will have an opportunity to ask questions and gain knowledge through teaching. This will help them to make an informed career decision as well as learn about how healthcare professionals work together as part of a multidisciplinary team. Each work experience day is completely different. They will be able to build on their knowledge of NHS careers as they see different patient cases and healthcare professionals work in a variety of settings, such as hospital and community.

They will also receive certificates as evidence of having participated in the work experience programme. Those that complete the entire 6-month programme will be awarded with Highly Commended References too. They can register through the website link below. Places are £10 a day to cover administrative costs and run the tech on the day. For more information, please use this link:

**<https://alliedhealthmentor.org/nhs-healthcare-careers-virtual-work-experience/>**

### **What Career? And What University? Live, 12<sup>th</sup> and 13<sup>th</sup> November**

**What Career? And What University? Live** is a free virtual event taking place on **Friday 12<sup>th</sup> November, 10am until 3pm and Saturday 13<sup>th</sup> November, 11am-3pm.** For more information or to book free tickets, please go to **<https://www.whatcareerlive.co.uk/virtual-november-2021>**

### **UCAS Hub Live – Wednesdays at 2pm**

**UCAS Hub Live** sessions are happening on **Wednesdays between now and March 2022** They feature UCAS experts, Careers Advisers, Universities and Employers. Each session lasts approximately 40 minutes and there is plenty of time for Q&As. The next session is on **17<sup>th</sup> November** entitled **'World of apprenticeships'**. For more information, go to **<https://www.ucas.com/undergraduate/what-and-where-study/ucas-hub-live>**. To take part in the live sessions, all you need to do is sign into your own UCAS Hub on the day. If you don't have a UCAS Hub, please go to **<https://www.ucas.com/what-are-my-options/create-your-ucas-hub-today>** to create one.

### **Ward Round Live – Virtual Hospital Work Experience – 7<sup>th</sup> November**

**'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. This event is taking place on **Sunday 7<sup>th</sup> 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/>**

## A message from Music...

### All years

Performing Arts on a Thursday after school is (Music and Drama production)

iMac GarageBand club Wednesday lunch time- all years

Thursday lunchtime- Band rehearsal- audition only entry- all years

### Upper school

Friday lunchtime- VOX vocal group- (Yr 10,11 and Sixth Form Vox) in room D1

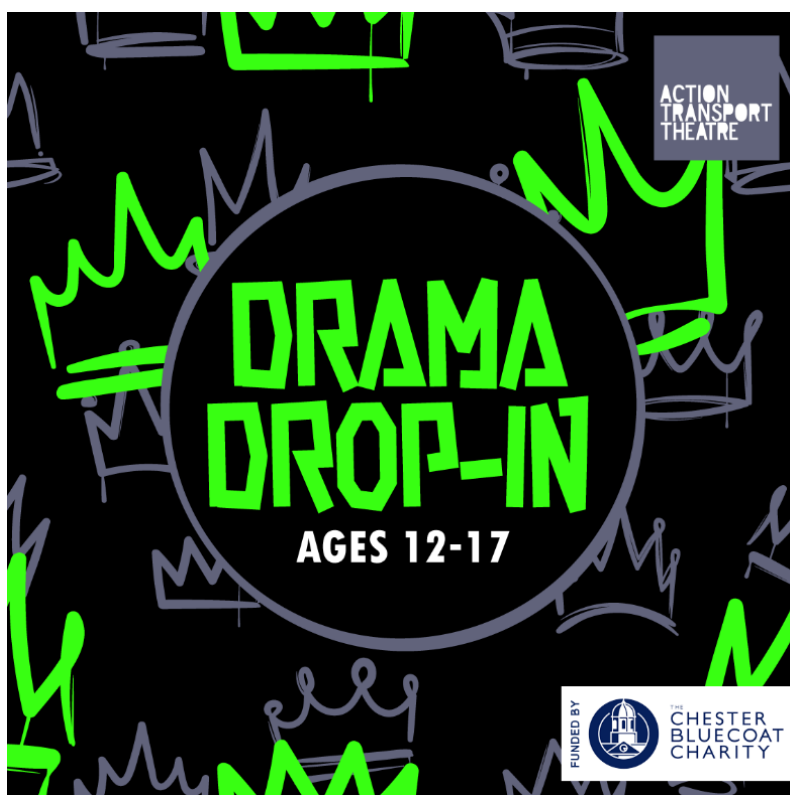
Monday lunchtime and Tuesday after school (3-4) iMac GarageBand NCFE intervention KS4.

### Lower School- KS3

Friday lunchtime- Band rehearsal- in room D2

Tuesday lunchtime- Vox Vocal Group - Training choir

## Action Transport Theatre...



Drop-In (12-17) is a drama session for young people and creative collaborators.

Sign up at: <http://actiontransporttheatre.org>

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

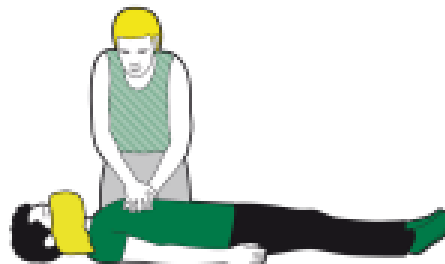


### 2. Lay a piece of towel or clothing over the casualty's nose and mouth



### 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](http://sja.org.uk)

St John  
Ambulance

