



# EPCHS Student 'PD' Bulletin #58

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

It's important that we remember to spend time with Jesus in prayer.

Why not call in to your local parish this week for Mass or to say a prayer?

"MY HOUSE  
SHALL BE A  
HOUSE OF  
*prayer*"  
(Luke 19:46)

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



### PE Results this week...

*It has been a fantastic week for extracurricular sport and physical activity. Yr.7 & 8 girls have competed in Netball matches against Helsby High school, all pupils who took part represented the school well and had played a fantastic game, there was some brilliant development of skills that had been developed in lesson time and some promising defensive aspects to the game. Yr. 8 lost 8-3 and Yr. 7 won 4-0, well-done girls.*

*In Basketball this week we have also had some fantastic results. Yr10 boys played against South Wirral Yr11 boys, they played a brilliant game throughout creating plenty of opportunities to score points. The team successfully took another win at 43-20. Well played boys. The Yr9 boys team also displayed some amazing sporting skills this week with setting a high offensive record of the season with a high score of 47 points clear of Blacon High School.*

*Next week we have plenty more opportunities for pupils to demonstrate their sporting skills and represent EPCHS. On Tuesday 23rd November Yr7 & 8 will be competing in Netball against Whitby High School. They will also be competing against Bishops' Blue Coat High School on Wednesday the 24th.*

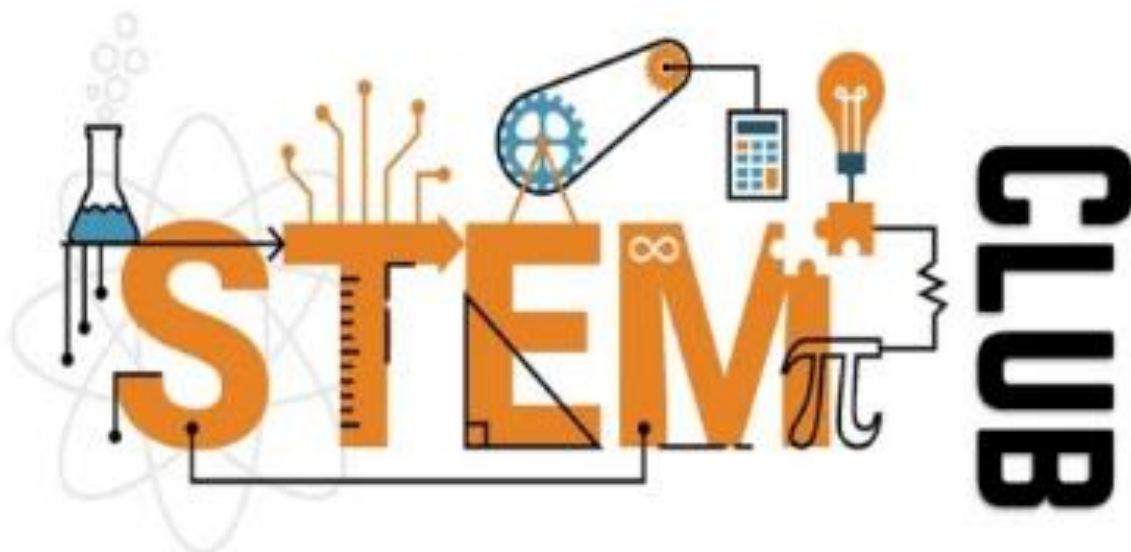
*Well done to all pupils who are involved with extracurricular sport and physical activity in the PE department. You are all amazing in what you do and represent EPCHS well. Keep up the good work.*

**...Miss Lodge**



## 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!



## Royal Society of Chemistry Top of the Bench Competition 2021

Well done to our team of gifted chemists that took part in this challenging competition:

**Lucia Hart Y11, James Moray Y10, Sophie Dover Y9 and Eric Lightburn Y9.**

Prior to the event they produced an excellent presentation on 'Sustainability through Chemistry' and during they took part in a timed on-line practical and cryptic puzzle. They worked brilliantly together and completed the challenge well, excellent ambassadors for our school.



**YEAR 11 PPE TIMETABLE – PAPER COPIES AREA AVAILABLE FORM YOUR PASTORAL LEADER**

**Year 11 Pre-Public Examinations: Monday, 6<sup>th</sup> December – Thursday, 16<sup>th</sup> December 2021**

Exam candidates must be in their seats by **09:00** and **13:00**. Candidates will be given their seat numbers, they are also on the EXAM NOTICE BOARD

	Monday, 6 <sup>th</sup> December	Tuesday, 7 <sup>th</sup> December	Wednesday, 8 <sup>th</sup> December	Thursday, 9 <sup>th</sup> December	Friday, 10 <sup>th</sup> December	Monday, 13 <sup>th</sup> December	Tuesday, 14 <sup>th</sup> December	Wednesday, 15 <sup>th</sup> December	Thursday, 16 <sup>th</sup> December
<b>Registration</b> 08:45 - 09:00									
<b>Morning</b> 09:00	<b>English Literature</b> (1h 45m)	Option A English Functional Skills Reading (1h) French Reading (1h) Music Technology Writing in D1 with FAN (2h) Option H – <b>TIMETABLE CLASH</b> History Paper 1: 'People's Health and Elizabeth' (1h 45m) – KM	<b>Mathematics Paper 1</b> non-calculator (1h 30m)	<b>English Language</b> (1h 45m)	<b>Mathematics Paper 2</b> calculator (1h 30m)	Option A Art Practical in E2 with THA (3h) Product Design Practical in D3 with TBA (3h) Option H Drama Practical in A1 with DKE (3h)	<b>Mathematics Paper 3</b> calculator (1h 30m)	<b>Combined Science - Physics</b> (1h 10m) <b>Separate Science Physics</b> (1h 45m)	Option H English Functional Skills Writing (1h) Option L Product Design Practical in D3 with TBA (3h) Option H – <b>TIMETABLE CLASH</b> History Paper 2: 'America' (50m) – KM
<b>BREAK</b> (11:00 – 11:15)	Break	Break	Break	Break	Break	Break	Break	Break	Break
Period 3 – normal lessons	Period 3 – normal lessons	Period 3 – normal lessons	Period 3 – normal lessons	Period 3 – normal lessons	Period 3 – normal lessons	Period 3 – normal lessons	Period 3 – normal lessons	Period 3 – normal lessons	Period 3 – normal lessons
<b>LUNCH</b> (12:15 – 13:00)	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
<b>Afternoon</b> 13:00	Option A/H/L <b>Geography Paper 1</b> (1h 30m) <b>History Paper 1: 'People's Health and Elizabeth'</b> (1h 45m)	<b>Combined Science - Biology</b> (1h 10m) <b>Separate Science Biology</b> (1h 45m)	Option H Drama Writing (1h 45m) English Functional Skills Reading (1h) French Reading (1h) Health and Social Care (2h) Spanish Reading (1h)	Option A English Functional Skills Writing (1h) Music Technology Practical in D1 with FAN (2h)	<b>Combined Science - Chemistry</b> (1h 10m) <b>Separate Science Chemistry</b> (1h 45m)	<b>Religious Education</b> (50m)	Option L Business (1h 30m) Computer Science (1h 30m) French Reading (1h) Health and Fitness (1h) Physical Education (1h 30m) Spanish Reading (1h)	Option A/H/L <b>Geography Paper 2</b> (1h) <b>History Paper 2: 'America'</b> (50m)	Option A/H/L <b>French Writing</b> (1h) <b>Spanish Writing</b> (1h)

## 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...

**DOWNFALL**  
APRIL 1945, A NATION AWAITS ITS...  
EVERY MONDAY LUNCHTIME  
ROOM B14 WITH MR PARKIN

**KEY STAGE 3 HISTORY FILM CLUB**

**HOLLYWOOD VS. HISTORY**

**THE COURIER**

YEARS A SINCE

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 next session will be 3-4.45pm in the HALL, Tuesday, November 23rd

**Look out for further information on the DofE Teams**

# 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.

## Your Wellbeing support and advice...



[childline.org.uk](http://childline.org.uk)

Childline a free, private and confidential service where you can be you. Whatever your worry and whenever you need help, they're there for you online, on the phone, anytime.



[kooth.com](http://kooth.com)

Free, safe and anonymous online support for young people. Support available online until 10pm.



[ceop.police.uk/safety-centre](http://ceop.police.uk/safety-centre)

Has someone acted inappropriately towards you or someone you know online? It may be sexual chat, being asked to do something or someone being insistent on meeting up. Report it here.



[police.uk](http://police.uk)

Do you think a crime has been committed? Your local police force will be able to help you.



[samaritans.org](http://samaritans.org)

Talk to them any time you like, in your own way, and off the record – about whatever's getting to you. You don't have to be suicidal.



[NHS.uk](http://NHS.uk)

Mental health services are free on the NHS. Go to your GP to find out more about the services available to you.





# 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.

The club takes place in our gym - starting at 4pm, every Friday this half term. For a letter to participate see Mr Hughes. 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...

### **Virtual pre-apprenticeship programme with The Talent Foundry and Barclays**

Do you want to secure a paid Higher Apprenticeship at one of the country's leading financial organisations when you leave school? **The Talent Foundry** is running a fully-funded pre-apprenticeship programme with **Barclays** for students in Year 13 which will coach students to make a successful application for Barclays **tech apprenticeships** and get a **guaranteed interview!** This is free, virtual and taking place from 1pm-3pm on the following dates: **25th November, 2nd December, 9th December, 16th December and 13th January.** Students who meet the following criteria will be prioritised before other students:

- Students who are **eligible for the sixth form bursary or have been eligible for free school meals/pupil premium funding in Year 7 – 11.**
- Students on track to achieve 3 A Levels (or equivalent) at BCC - with at least one STEM subject.
- Students who are interested in participating in a higher apprenticeship with Barclays, in partnership with Keele University or Manchester Metropolitan University.

For more information go to <https://www.talentfoundry.org.uk/Bridge-to-Barclays/>. If you are interested in taking part, please let Mrs Boothroyd know as soon as possible as the programme starts next week. Thanks.

### **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 UK Higher Education Expo: November 24th: 11am-6pm**

This event gives you the opportunity to have live 1-2-1 conversations with some of the UK's top universities and providers of Higher Education. For more information or to register, please go to <https://ukhex.vfairs.com/en/register>

### **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>

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

**This is a 6 month programme, one day per month, starting in 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/>

### **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 **1<sup>st</sup> December** entitled '**Personal Statement Advice**'. 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.

### **Newcastle University: free webinars to support your student journey**



These hour-long sessions are tailored to some of the key moments in the decision-making and application process for university: from helping you to work out if university is the right route for you, to advice about personal statements, portfolios and admissions interviews. The next two sessions are:

- Is university for me? **December 2nd, 4.30pm-5.30pm**
- What is UCAS and preparing your personal statement. **December 7th, 4.30pm-5.30pm**

For more information and to register, please go to <https://www.ncl.ac.uk/schools/on-campus-events/campusevents/>

### **Medical Projects 'Ward Round Live'**

'Ward Round Live' is a LIVE, highly interactive, online experience where students are taught by an NHS Doctor to assess and speak to LIVE 'patients' from a studio ward. The remaining available dates for 2021 are **Saturday 4<sup>th</sup> December 2021** and **Saturday 11<sup>th</sup> December 2021**. The course is suitable for students aged 15+ who are interested in studying medicine. To read more about the course, including price, timings, and to book a space, you can follow the link here: <https://educationprojects.co.uk/courses/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





# 8 REASONS WHY IT'S IMPORTANT TO SWITCH OFF FROM TECHNOLOGY



@BELIEVEPHQ



Unplugging and switching off from technology could help to improve your sleep

Being on social media all the time can cause feelings of jealousy and loneliness. Switching off can be good for your mental health



Unplugging could give you time for yourself to recharge and rest



You are likely to be more present with what you are doing



Switching off from technology could help to boost your productivity. You might find yourself getting more done

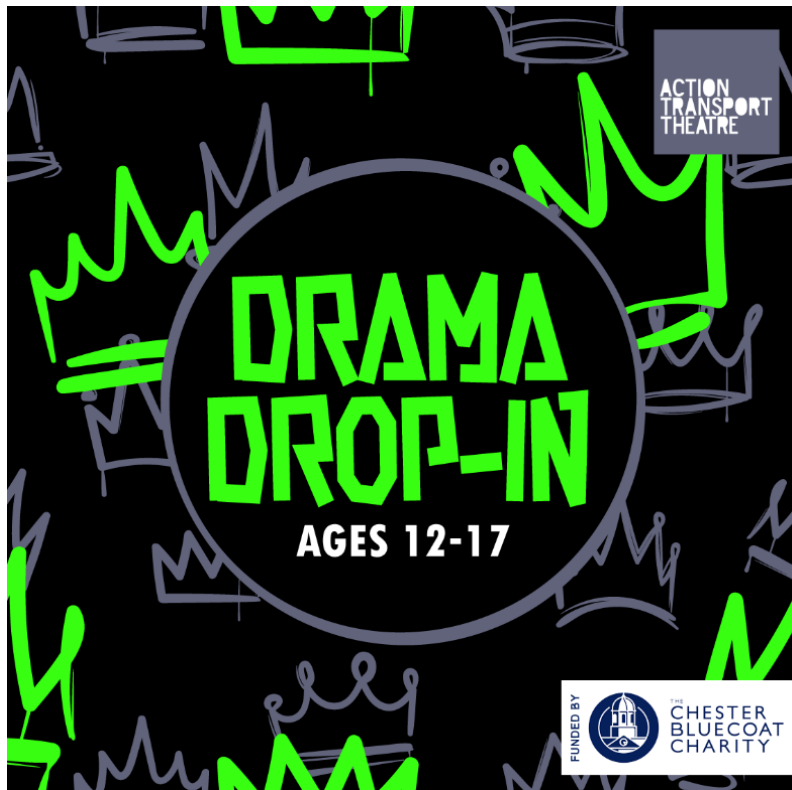


Connecting with people is really important for our wellbeing. Try doing it in person rather than through an app



Quality of life can be improved. You will find more time to exercise, see friends, cook more and even engage in your hobbies

## 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

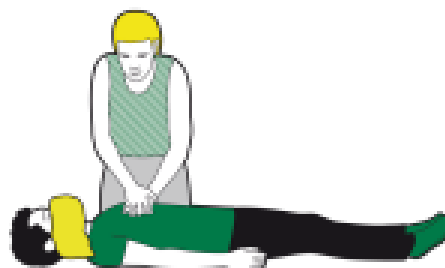


### 2. Lay a piece of towel or clothing over the casualty's nose and mouth



### 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 