



# EPCHS Student 'PD' Bulletin #59

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

Advent – a season of PEACE



What is the meaning of Advent?

There are three meanings. The first happened 2000 years ago when Jesus came into the world as a baby. The second can happen now as Jesus wants to come into our lives. The third will happen in the future when Jesus comes back to the world as King and Judge.

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



@EPCH\_School

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

Would you like to be part of the school's newly formed ECO-Committee?

Would you like to support the school in becoming more environmentally friendly?

For further information, please speak to Ms Edwards in E1



## 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>	



## PE this week...



Last week drew a close to the last...



For year, our year 10 pupils. They were able to experience a workshop that introduced them to the important of their mental health and how physical exercise can improve not only their physical wellbeing but also their mental wellbeing. The pupils took part in this practical workshop and really enjoyed their experience working with ex professional rugby players. These sessions linked in well with the year 10 curriculum and pupils are ready to start Rugby next term.

## Year 7 Basketball Success....

Yr. 7 basketball team have also had a very successful week after playing in a local tournament at Neston High School they finished second based on points achieved in the game. The boys demonstrated great skills and a tactics in the game and represents EPCHS well in the game.



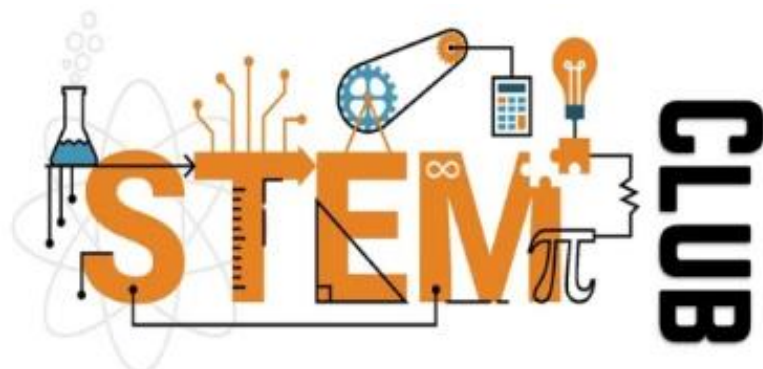


Last week our year 7 & 8 Netball teams played in two matches against Whitby High School and Bishops Blue Coat High School. All players displayed some fantastic netball skills and really demonstrated what they have learnt in lessons and extracurricular time out on the court. It is fantastic to see the girls grow not only in confidence as a team but also individually as sports players. We have a bright future!

**Well done to all involved from EPCHS PE Department**

**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!



**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)	<u>Option A</u> English Functional Skills Reading (1h) French Reading (1h) Music Technology Writing in D1 with FAN (2h) <u>Option H –</u> <u>TIMETABLE CLASH</u> 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)	<u>Option A</u> Art Practical in E2 with THA (3h) Product Design Practical in D3 with TBA (3h) <u>Option H</u> 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)	<u>Option H</u> English Functional Skills Writing (1h) <u>Option L</u> Product Design Practical in D3 with TBA (3h) <u>Option H –</u> <u>TIMETABLE CLASH</u> 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	<u>Option A/H/L</u> <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)	<u>Option H</u> Drama Writing (1h 45m) English Functional Skills Reading (1h) French Reading (1h) Health and Social Care (2h) Spanish Reading (1h)	<u>Option A</u> 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)	<u>Option L</u> Business (1h 30m) Computer Science (1h 30m) French Reading (1h) Health and Fitness (1h) Physical Education (1h 30m) Spanish Reading (1h)	<u>Option A/H/L</u> <b>Geography Paper 2</b> (1h) <b>History Paper 2: 'America'</b> (50m)	<u>Option A/H/L</u> <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...

**KEY STAGE 3 HISTORY FILM CLUB**

**HOLLYWOOD VS. HISTORY**

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 next session will be 3-4.45pm in the HALL, Tuesday, December 7th**

**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?



**Congratulations to all our students who took part in our introduction to self defence learning Jujitsu. You have all been amazing!**

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

### Sixth Form Information, Advice and Guidance

#### Unifrog webinars: university courses and apprenticeships: 6th and 8th December

For those of you still undecided about what to do when you finish school next year or those in Year 12 starting to think about your post 18 options, Unifrog are running two webinars next week which may be of interest. The first is called '**How to find your perfect university course**' which will take place on **6th December at 5pm** and the second is called '**How to find your perfect apprenticeships**' which will take place on **8th December at 5pm**. For more information or to register, please go to <https://www.unifrog.org/student/webinars>

#### Bangor University Entrance Scholarship for 2022 entry students

If you have applied to Bangor University or are thinking of applying there, they are offering scholarships for 2022 entry students. These scholarships **are worth up to £3,000**. The **deadline for applications is 26th January 2022**, with the scholarship exam to be held on **9th February 2022**. For more information about the application process and examples of past papers, please go to <https://www.bangor.ac.uk/studentfinance/info/bangorscholarships>

## **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/>**

## **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/>**

## **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 session on **December 7<sup>th</sup> from 4.30pm-5.30pm** is **'What is UCAS and preparing your personal statement'**. There will be more webinars in 2022. For more information and to register, please go to

**<https://www.ncl.ac.uk/schools/on-campus-events/campusevents/>**

## 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





# QUESTIONS TO ASK YOURSELF TO HELP CHALLENGE NEGATIVE THOUGHTS



What evidence do you have that says your thought is not true?



Do I jump to conclusions rather than consider alternatives?



What would you say to a friend who had this thought in a similar situation



Is the thought based on fact or opinion?



Can you identify any thinking errors?



What are the disadvantages and advantages of thinking in this way?



What is a more rational and balanced belief?



@BELIEVEPHQ



What is the worst thing that could happen?



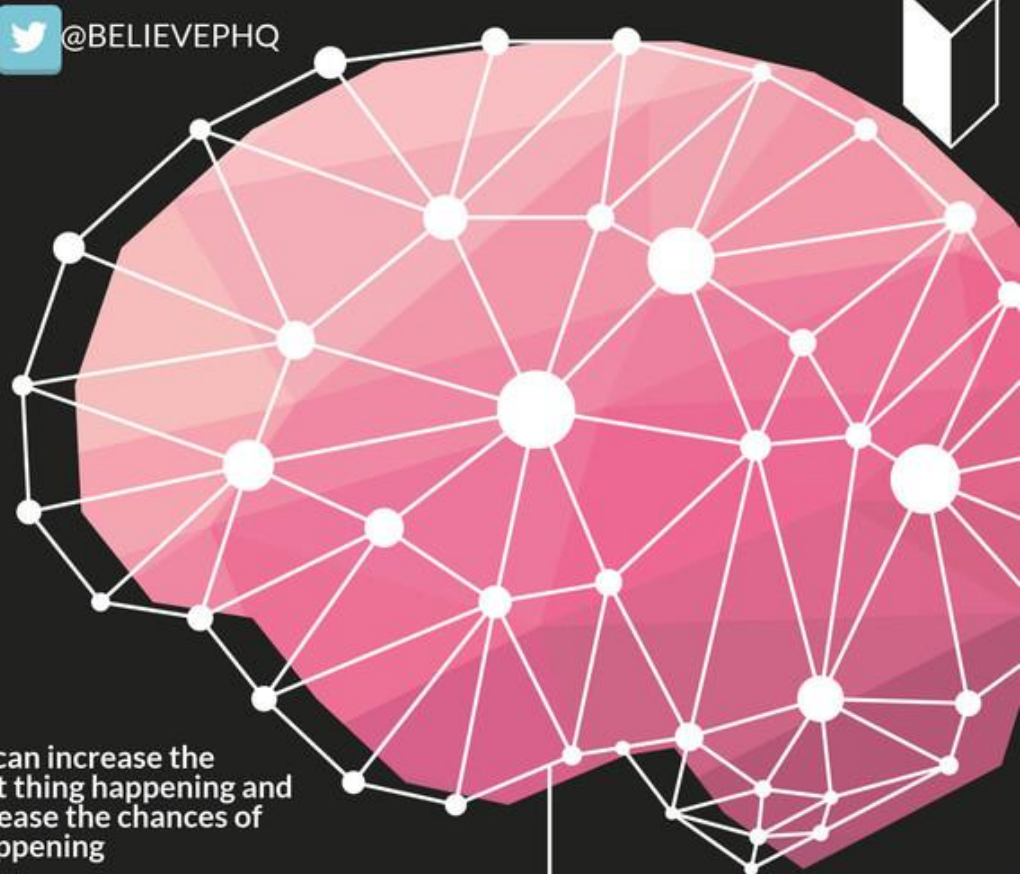
What is the best thing that can happen?



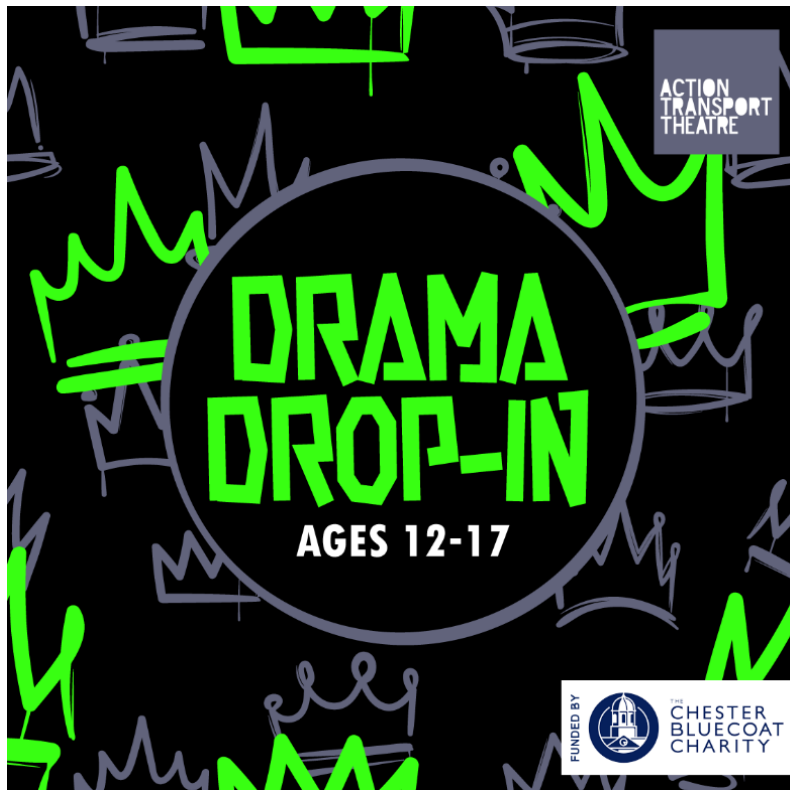
What is the most likely thing to happen?



What is one way I can increase the chances of the best thing happening and one way I can decrease the chances of the worst thing happening



## 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

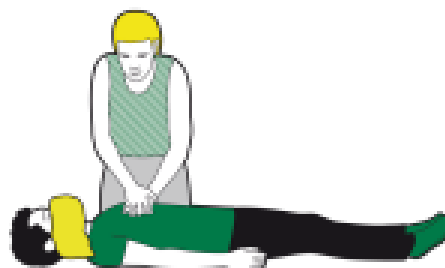


### 2. Lay a piece of towel or clothing over the casualty's nose and mouth



### 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 





## Mrs McHugh's Library News 3<sup>rd</sup> December 2021

Congratulations to Holly C who recently won the Year 7 Poetry Competition! Holly took inspiration from William Wordsworth to write her poem, 'The Well'.

Run with an open heart.  
Run where it lay rotten.  
Hear the church clock chime on the summer breeze.

Air warm, whom shall run away?  
Twas lonely and sad.  
A bend  
A lean in  
She fell in.  
A scream, a yell while  
Down in the well.

Her eyes were dim with  
childish tears.  
Whom lay wet in the cobbled well.

A man, a woman came to look...  
A girl lay asleep.  
Beyond reach she was, in fear of her life.



Holly received a £15 Amazon Gift Voucher, chocolate and Achievement Points for her Form. Students were encouraged to borrow anthologies of poetry from the library to gain inspiration.

Congratulations to our runners up,

Ashling P for 'The Months'.

James P for 'The Bear Under there'

And

Emilia S for 'Growing Up'.

January is nice and cold,  
Where kids have fun in the fallen snow.

February brings the rain,  
Where kids splash in puddles all day.

March brings the spring,  
With new-borns and flowers.

April brings primrose sweet,  
With flowers scattering around our feet.

May brings flocks of animals,  
Prancing and dancing in the wind.

June brings smiles full of joy,  
As the warm breeze flows.

July brings the sun,  
Where all the kids are having fun.

August brings the green trees,  
With every branch full of leaves.

September brings the harvest,  
With blackberries in the hedgerows.

October brings the spooky season,  
With costumes and bags ready for sweets.

November brings the blast,  
Where leaves are whirling fast.

December brings the cold snow,  
While we celebrate with everyone we know.



I want to sit on my chair  
 But I am just filled with scare  
 I cannot compare  
 With the bear under there.

I am filled with despair  
 That I cannot sit on my chair  
 I cannot compare  
 With the bear under there.

I see it over there  
 Maybe I should go to the funfair.

I cannot compare  
 With the bear under there ...



That one day I realised I looked outside the windowsill  
 Without having to be on my tiptoes,  
 I realised I was growing up.

That day I realised my eye line was way above my  
 parent's hips,  
 I realised I was growing up.

That day I put on my blazer and my mum shed  
 A tear,  
 I realised I was growing up.

That day I realised I was the same height as my  
 mum,  
 I realised I was growing up.

I have many secrets told by friends that I will grow  
 old with.

When I was a kid, I counted down the days  
 Till I grow up  
 And

When will I be as tall as my Mum?

When I got to the age I am now, I realised that  
 'yet wisdom gained shows thy wisdom still ahead.'

## **Christmas is coming to the library!**

The tree is up! Our Christmas books are out! And our chocolate has arrived! Are you a champion reader in year 7 or 8? If so, a chocolate gift is waiting for you! **Keep reading** and you'll be rewarded with a prize in your next library lesson!



## **Christmas Story Competition!**

Can you write a short Christmas themed story? We would like you to have a go at writing a story, or the start of a story. Maximum length a sheet of A4! All entries must be submitted to Mrs Wright by the 10<sup>th</sup> December on Teams or hand delivered to Mrs McHugh or Mrs Williams in the library. The prize is a £15 Amazon Voucher, Achievement Points and form points, and runner up prizes of selection boxes and goodies!





# Congratulations to our STAR Readers 12<sup>th</sup> November – 3rd December 2021

## Words Banked!

Ava M 398,960. Tobias B 385,728. Aleksandra O 291,309. Olivia P 132,040. Flourish U 120,873. Mateusz B 113,958. Ruby S 104,005. Lewis P 90,297. Kyrrah-Marie 84,129. Leo C 49,495. Lily B 79,119. Isabelle L 75,192. Lily T 66,645. Rosie P 57,809. Freya Mc C 46,797. Abbie H 44,019. Dan R 43,785. Sonny B 43,179. Beth R 41,754. Jake E 31,742. Przemyslaw N 28,326. Joseph B 26,261. Isabelle S 27,771. Skye B 18,158. Madison L 17,680. Damian G 17,216. Reuben K 17,216. Charlie C 15,534. Amelia C 15,438. Bella K 15,438. Declan D 15,244. Rosalie J 15,189. Luke R 13,847. Ashling P 10,694. Ch,loe T 10,484. Aiden O 10,065. Esteban I 9,385. Tilly F 8,744. Max O 8,734. Harvey F 8,216. Tyler H 7,815. Aeryn O 7,815. Alexis H 7,667. Fraser D 7,383. Michael S 7,333. Libby McN 7,243. Ella K 7,217. Alfie J 7,117. Jack C 7,092. Taylor-Leigh R 6,772. Jaydan N 6,581. Stanley S 6,007. Joshua J 6,001. Oliver M 5,859. Amelia C 5,645. Lewis C 5,645. Emily F 5,645. Isaac FP 5,645. Ethan HC 5,645. Lloyd J 5,645. Aston M 5,645. Joseph M 5,645. Polat M 5,645. Teddie O 5,645. Max TM 5,645. Tegan W 5,538. Lucas C 5,432. Esme L 5,318. Evie D 5,282. Ethan P 5,076. Austin M 5,065. India-Mai F 5,049.

Keep reading and you will ensure **your future success!**

**Reading is the single most important factor in life chances.** It determines what your future career will be and improves your understanding of the world we live in.

Read with **myON** and/or choose a book from **your school library!** The library is open every day Monday – Friday.