



EPCHS Student 'PD' Bulletin #60

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

Show someone they are loved this Christmas, be there for them.



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

Have an amazing Christmas everyone!

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

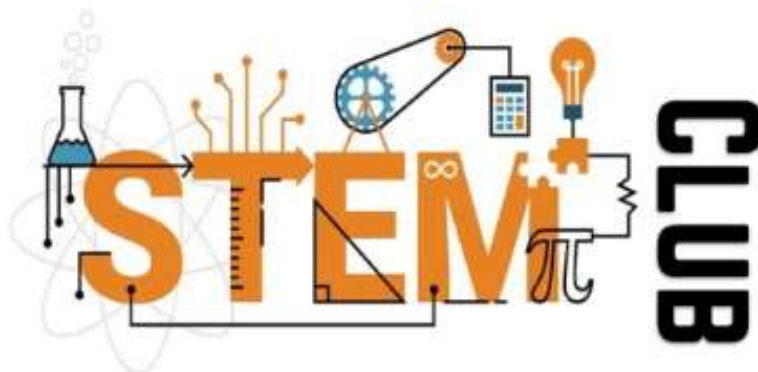
Extracurricular Timetable 2021/22

| MONDAY Lunch & 3-4pm | TUESDAY 3-4pm | WEDNESDAY 3-4pm | THURSDAY 3-4pm | FRIDAY 3-4pm |
|--|--|---|--|--|
| GIRLS: Yr. 7 & 8 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 | |



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!



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...



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, January 4th

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

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

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



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

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



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

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

6th Form information and activities...

Year 12 STEM work experience opportunities at Unilever Port Sunlight: Summer 2022

Unilever Port Sunlight is the centre for Unilever's Home Care and Beauty and Personal Care Research and Development with major programmes for hair, laundry, deodorants and household care being run from the site. **They are planning to run a Year 12 work experience programme, in four, one-week blocks, Monday-Friday, 9.30am - 3.30pm, weeks commencing 13th June, 20th June, 27th June and 4th July 2022.**

This programme is most appropriate for students studying STEM subjects, Business Studies and Psychology and those with a specific interest in understanding how a company like Unilever works and learning more about the available range of roles and opportunities.

The programme is run by '**All About STEM**' so if you have any questions or queries, please address them to helen@allaboutstem.co.uk using 'Unilever Y12 Work Experience' in the subject line.

For more information, please go to <https://www.allaboutstem.co.uk/year-12-work-experience/>

To submit an application please go to <https://createsend.igoo.co.uk/t/r-l-trddliyd-bwilulkii-i/> The deadline for applications is **31st December**. Successful candidates will be informed by **31st January 2022**. Before you apply, please consider the dates of your PPEs next summer which are taking place **week commencing 13th June and 20th June 2022**.

Year 13: support with Personal Statements

For those of you currently working on your personal statements, [UniTasterDays](https://www.unitasterdays.com) have a number of on demand webinars that may be of use to you. Please go to <https://www.unitasterdays.com/ondemand>. You can also access the 'Personal Statement Hub' through the University of Portsmouth's website. Please go to <https://www.port.ac.uk/collaborate/schools-and-colleges/post-16-events/personal-statement-hub-registration>

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 date for 2021 is **Saturday 11th 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/>

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/>

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>

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





WHAT TO DO IF YOU WAKE UP FEELING ANXIOUS


 @BELIEVEPHQ

1  Scan your body and assess how the anxiety is making you feel. Do you feel tense? Is your heart beating faster. Engage in some deep breathing to calm your mind and body


5  Engage in some progressive muscle relaxation. This is a great exercise which can help relieve tension and reduce physiological arousal

2  Understand what is making you feel anxious. Engage in a thought diary and make connections between triggers, thoughts, feelings and behaviours

6  Develop a positive wake up routine. Take some time for self care, eat a well balanced diet or engage in some early morning exercise

3  If you start to experience worry try using some problem solving to come up with effective solutions

7  Find someone who you can speak to about your anxiety

4  Engage in some worry time. If you experience hypothetical worries try and postpone them to your worry time

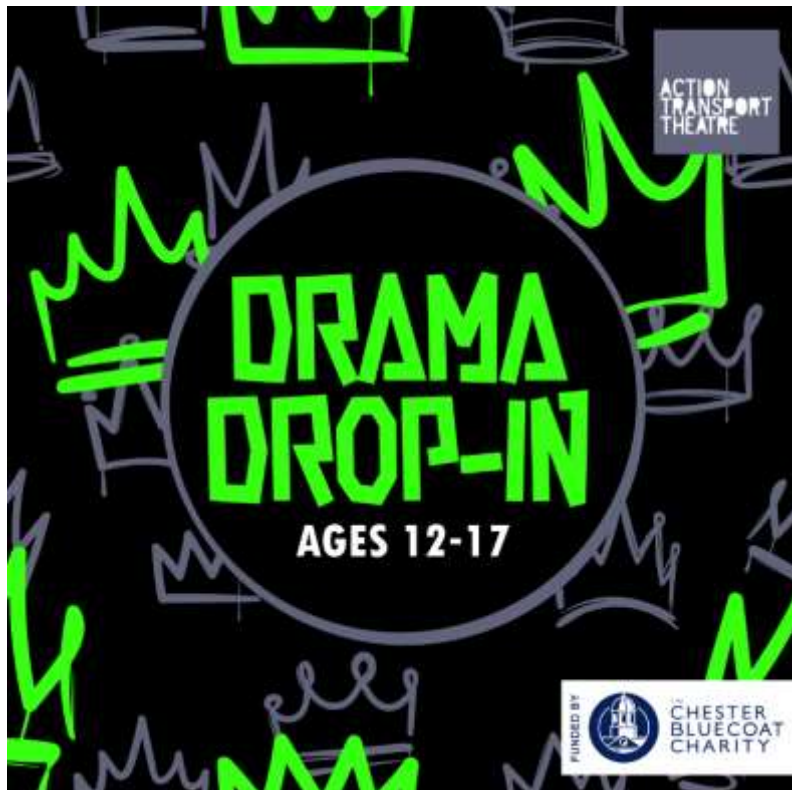
8  Try to alter your environment. Get up and go for a walk or do something that takes you away from your bedroom



BELIEVEPERFORM

Mental Health & Wellbeing

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

St John
Ambulance



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