



# EPCHS Student 'PD' Bulletin #62

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

**Be the change you wish to see in the World – Always BE KIND**



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

**Be KIND, always – Make it Count!**

## A message from to ALL STUDENT...

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

Ready . Respectful . Safe



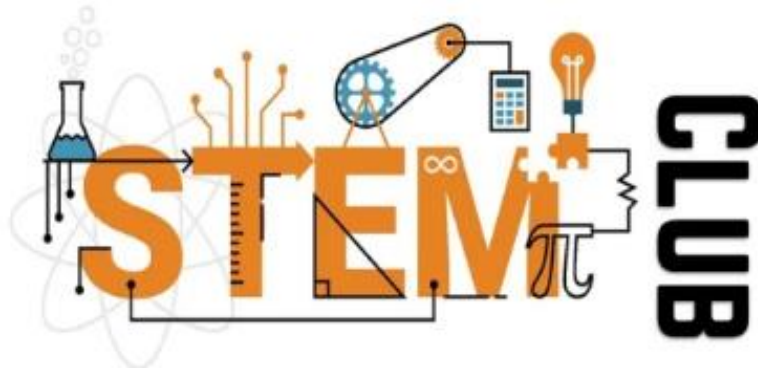
## Year 10 Pre-Public Examinations: Monday, 24<sup>th</sup> January – Wednesday, 2<sup>nd</sup> February 2022

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

Registration 08:45 - 09:00	Monday, 24 <sup>th</sup> January	Tuesday, 25 <sup>th</sup> January	Wednesday, 26 <sup>th</sup> January	Thursday, 27 <sup>th</sup> January	Friday, 28 <sup>th</sup> January	Monday, 31 <sup>st</sup> January	Tuesday, 1 <sup>st</sup> February	Wednesday, 2 <sup>nd</sup> February
Morning 09:00	English Literature: 'Poetry Comparison' (1h)	Mathematics Paper 1 non-calculator (1h)	<a href="#">Option A</a> Art Practical in E3 with LMO (3h) <a href="#">Option H</a> Music Technology Writing in D1 with FAN (2h) – plus Charlotte Armitage (Y11) <a href="#">Option L</a> Art Practical in E2 with THA (3h)	English Language: 'Descriptive Writing' (1h)	Mathematics Paper 2 calculator (1h)	<a href="#">Option A</a> Computer Science (1h) Hospitality and Catering (1h 30m) Performance Skills Writing (1h) Physical Education (1h 15m)	Combined Science - Physics (1h) Separate Science Physics (1h)	<a href="#">Option L</a> Business (1h 30m) Drama Practical in A1 with DKE (2h) Health and Fitness (1h 30m) Product Design Practical in D3 with TBA (3h)
Afternoon 13:00								
	BREAK (11:00 – 11:15)	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
	LUNCH (12:15 – 13:00)	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
	<a href="#">Option A/H/L</a> Geography (1h 30m) History (1h 30m)	Combined Science - Biology (1h) Separate Science Biology (1h)	<a href="#">Option H/L</a> French Reading (1h) Spanish Reading (1h) <a href="#">Option L</a> History (1h 30m) – James Moray only	Religious Education: 'Catholic Christianity' (50m)	Combined Science - Chemistry (1h) Separate Science Chemistry (1h)	<a href="#">Option H/L</a> French Writing (1h) Spanish Writing (1h)	<a href="#">Option A</a> Performance Skills Practical in A1 with DKE (2h) <a href="#">Option H</a> Product Design Practical in E2 with THA (2h) – <b>Group 2</b> <a href="#">Option L</a> Drama Writing (1h)	<a href="#">Option H</a> Business (1h 30m) Health and Social Care (1h 30m) Music Technology Practical in D1 with FAN (2h) – plus Charlotte Armitage (Y11) Product Design Practical in E2 with THA (2h) – <b>Group 1</b>

## 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...

A reminder of the rules for the school field at lunch time from Mr Cavanagh...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://gov.uk/report-covid19-result) or by calling 119, free from your mobile or landline.

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 you are 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...



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 18th

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





DIOCESE OF SHREWSBURY  
**LOURDES**  
YOUTH  
PILGRIMAGE  
APPLICATION FORMS  
AVAILABLE!



A message from the Shrewsbury Youth Mission Team [www.symt.org.uk](http://www.symt.org.uk)

A message for young people: have you requested a Lourdes form yet?

**Our Diocesan Lourdes Pilgrimage is from 28th July-5th August and you're invited to join us!**

Email [youth@dioceseofshrewsbury.org](mailto:youth@dioceseofshrewsbury.org) to request an application form

# 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](https://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](https://kooth.com)

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



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

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



[samaritans.org](https://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](https://NHS.uk)

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

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

### Newcastle University Partners Programme

Although the UCAS application deadline is on 26th January, there is still time for Year 13 students to apply to study with Newcastle University. They could even get a lower conditional offer of up to three grades on any undergraduate course, if they are eligible to join their PARTNERS programme. There are lots of other benefits to applying for their programme, too, including:

- attendance at their PARTNERS Academic Summer School, where you will develop the skills to be a successful student
- opportunities to meet other students and increase your confidence
- support throughout the application process, on Results Day and after they join the university.

For more information, please go to <https://www.ncl.ac.uk/partners/>

### Year 13: support with Personal Statements

For those of you currently working on your personal statements, UniTasterDays 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>

### Virtual NHS Healthcare Work Experience Programme

**This is a 6 month programme, one day per month until April 2022.** 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.

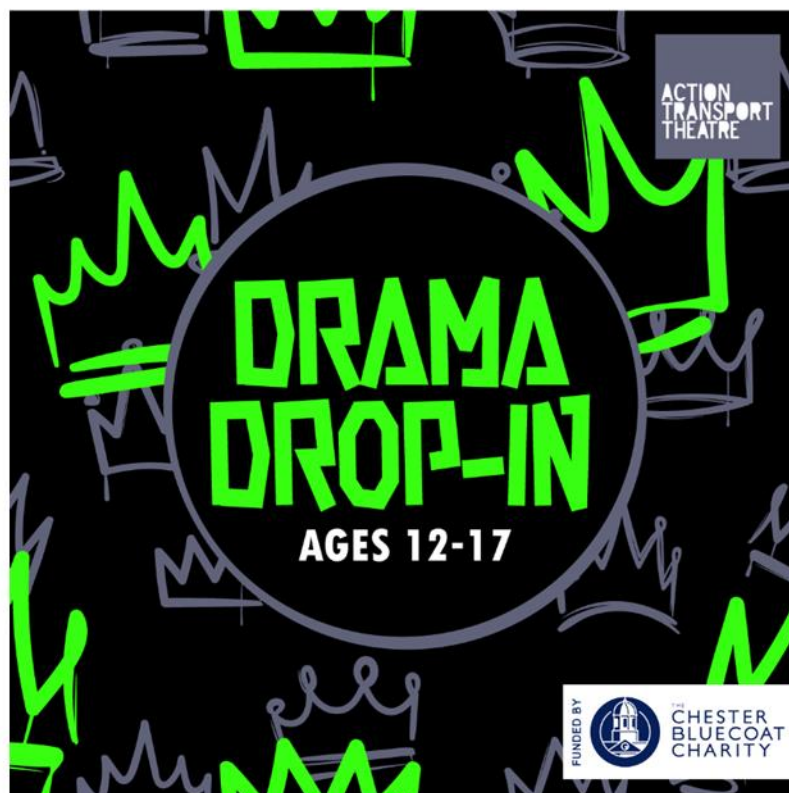
### Lower School- KS3

Friday lunchtime- Band rehearsal- in room D2

Tuesday lunchtime- Vox Vocal Group - Training choir



## Action Transport Theatre...



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

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



# SPOTLIGHT ON PRIMARY CARE

Whether you've always wanted to work in the health sector or have never thought about it before, the huge range of careers in the NHS will amaze you!

There are clinical and non-clinical careers available. You could work on the front line or never see a patient and still make a difference to people's lives. Find out more!

**JOIN US!**

**25th January 2022 4:30PM-5:30PM**

Meet employees from the Cheshire and Merseyside  
Training Hub

**Sign up now:**

<https://www.eventbrite.co.uk/e/spotlight-on-primary-care-tickets-227688852487>

Suitable for parents, guardians, teachers and  
anyone in year 9 +



METROMAYOR  
LIVERPOOL CITY REGION



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

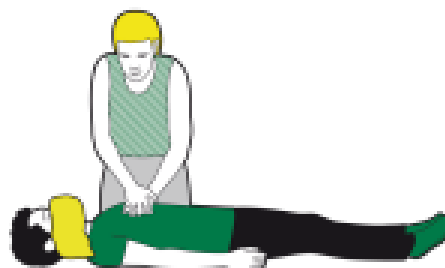


### 2. Lay a piece of towel or clothing over the casualty's nose and mouth



### 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



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