



# EPCHS Student 'PD' Bulletin #63

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

When we look at the world around us, we can take it for granted.  
God made us stewards of this world, and it is our job to look after it.  
How can you help to protect what God has given us?  
How can you help save the planet?



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

**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

PHYSICAL EDUCATION DEPARTMENT				
Extracurricular Timetable 2021/22				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lunch & 3-4pm	3-4pm	3-4pm	3-4pm	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: SIXTH FORM <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>	



## Sunday of The Word of God



**01** Because it is okay to not feel okay

**02** Because it could help you get things off your chest

**03** Because asking for help will make you feel better

**04** Because it is not possible to have all the answers

**05** Because it is okay to show weakness

**06** Because you deserve to be supported

**07** Because asking for help can help you to problem solve

**08** Because it is important to express feelings and emotions

**09** Because you deserve to be helped

**10** Because asking for help is a sign of strength not weakness

**11** Because asking for help can help you look at things from a new perspective

**12** Because there is nothing wrong with not knowing an answer or solution

**13** Because there is nothing to be ashamed of

**WHY** **YOU SHOULDN'T BE AFRAID TO ASK FOR HELP**

@BELIEVEPHQ

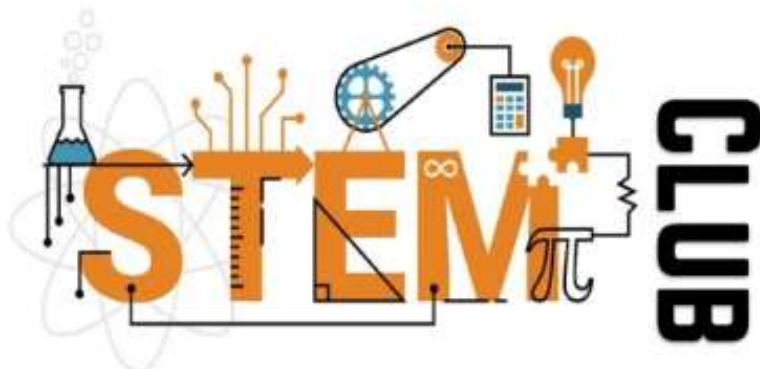
## Year 10 Pre-Public Examinations: Monday, 24<sup>th</sup> January – Wednesday, 2<sup>nd</sup> February 2022

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)	<u>Option A</u> Art Practical in E3 with LMO (3h) <u>Option H</u> Music Technology Writing in D1 with FAN (2h) – plus Charlotte Armitage (Y11) <u>Option L</u> Art Practical in E2 with THA (3h)	English Language: 'Descriptive Writing' (1h)	Mathematics Paper 2 calculator (1h)	<u>Option A</u> Computer Science (1h) Hospitality and Catering (1h 30m) Performance Skills Writing (1h) Physical Education (1h 15m)	Combined Science - Physics (1h) Separate Science Physics (1h)	<u>Option L</u> Business (1h 30m) Drama Practical in A1 with DKE (2h) Health and Fitness (1h 30m) Product Design Practical in D3 with TBA (3h)
BREAK (11:00 – 11:15)	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
LUNCH (12:15 – 13:00)	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Afternoon 13:00	<u>Option A/H/L</u> Geography (1h 30m) History (1h 30m)	Combined Science - Biology (1h) Separate Science Biology (1h)	<u>Option H/L</u> French Reading (1h) Spanish Reading (1h) <u>Option L</u> History (1h 30m) – James Moray only	Religious Education: 'Catholic Christianity' (50m)	Combined Science - Chemistry (1h) Separate Science Chemistry (1h)	<u>Option H/L</u> French Writing (1h) Spanish Writing (1h)	<u>Option A</u> Performance Skills Practical in A1 with DKE (2h) <u>Option H</u> Product Design Practical in E2 with THA (2h) – Group 2 <u>Option L</u> Drama Writing (1h)	<u>Option H</u> 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) – Group 1

## 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://www.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.**



## 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, February 1st  
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](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.



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

UCAS Discover Apprenticeships - free online event - 9th February - 10am until 6pm



As part of 'National Apprenticeships Week', UCAS are bringing students everything you need to know to determine if an apprenticeship might be a good option for you. It is a day of inspiration, information and where you will have live access to employers.

The event will cover what an apprenticeship is, whether it is an option for you and what apprenticeship opportunities and programmes are available with top apprenticeship employers.

You will be able to access live sessions including CV and application workshops, interview clinics and advice on how to land a dream apprenticeship.

There will be live chat with top name apprenticeship employers including SKY, PwC, Rolls Royce and more.

You will be able to hear from apprentices about what it is like to study and work at the same time.

If you can't make the 9th February, the content will be available on demand until 23rd February.

To book and for more information, please go to <https://www.ucas.com/events/discover-apprenticeships-404016>

**Careers with the Royal Air Force (RAF) - free virtual careers event**  
**10th February - 6.30pm until 8.30pm**



If you are interested in a career in the Royal Air Force, they are holding a free virtual careers event on Thursday 10th February, 6.30pm until 8.30pm. For more information and to book a place go to <https://www.eventbrite.co.uk/e/raf-virtual-event-access-all-areas-tickets-223254599517?aff=FlyerEng>

**Medic Mentor - Free E-Learning courses for aspiring medical, dental and veterinary students**

The **largest free national work experience programme for aspiring medical, dental and veterinary students** has returned. This was developed last year in partnership with **Birmingham Universities Hospitals Trust (UHB)** and it is **FREE** for students.

Medic Mentor have developed a series of **E-learning courses that you can complete in your own time**. You have 1 month to complete each session, and once you have completed the programme, you will receive a certificate from Medic Mentor and UHB as evidence of your participation. **Medical Schools are accepting virtual work experience as an alternative to in-person work experience** in light of the pandemic and reduced access to placements.

Participation in the virtual work experience will also provide you, your parents and guardians with several opportunities to speak to doctors, dentists and vets continuously throughout the academic year. You will be able to do this on Tuesday evenings and most weekends, for free. You can also call the Mentor Helpline number 01530 417 299 from 10am-5pm, Mon-Fri if you would like advice on careers or applying to medical, dental, veterinary school.

Medic Mentor is a non-profit social enterprise and all of their proceeds are reinvested in supporting students to make informed career decisions.

**To register you need to complete the online application form as follows:**

**Medicine:** <https://medicmentor.co.uk/university-hospitals-birmingham-trust-virtual-work-experience/>

**Dentistry:** <https://medicmentor.co.uk/dental-live-virtual-work-experience/>

**Veterinary:** <https://medicmentor.co.uk/veterinary-virtual-live-work-experience/>

For more information, here are some links to feedback videos from students and teachers:

**Student Feedback:** <https://www.youtube.com/watch?v=EVHw3K0h5Sk>

**Teacher Feedback:** <https://www.youtube.com/watch?v=WUoeFBivUc&t=3s>

If you have any further questions, please email [education@medicmentor.org](mailto:education@medicmentor.org) or call them on 01530 417 299

### **Work experience with HSBC and M&S Bank – Chester - Summer 2022**

If you are interested in a career in financial services or banking, HSBC and M&S Bank are running a **work experience programme** in **Chester** this summer. The work experience weeks will be **w/c 20<sup>th</sup> June, w/c 4<sup>th</sup> July or w/c 1<sup>st</sup> August**

The programme will give you a realistic taste of what life is like at a leading global bank. You can build on your knowledge of banking and financial services and explore potential future careers available at M&S Bank and HSBC. You will gain insight into the different roles and functions across the organisations, as well as improving personal and employability skills. Where a physical placement is available, you will spend the day with a team getting hands on experience of what it is like to work in a bank. You will get to know about the values of the organisations, their history and gain an insight into the actual jobs you would be doing if you want to work for them in the future.

For more information and to apply please go to

[https://mycareer.hsbc.com/en\\_GB/external/PipelineDetail/M-S-Work-Experience-Programme-2022-Chester/20858?src=JB-12441](https://mycareer.hsbc.com/en_GB/external/PipelineDetail/M-S-Work-Experience-Programme-2022-Chester/20858?src=JB-12441)

The closing date for applications is **20<sup>th</sup> February**.

### **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/>

## 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.

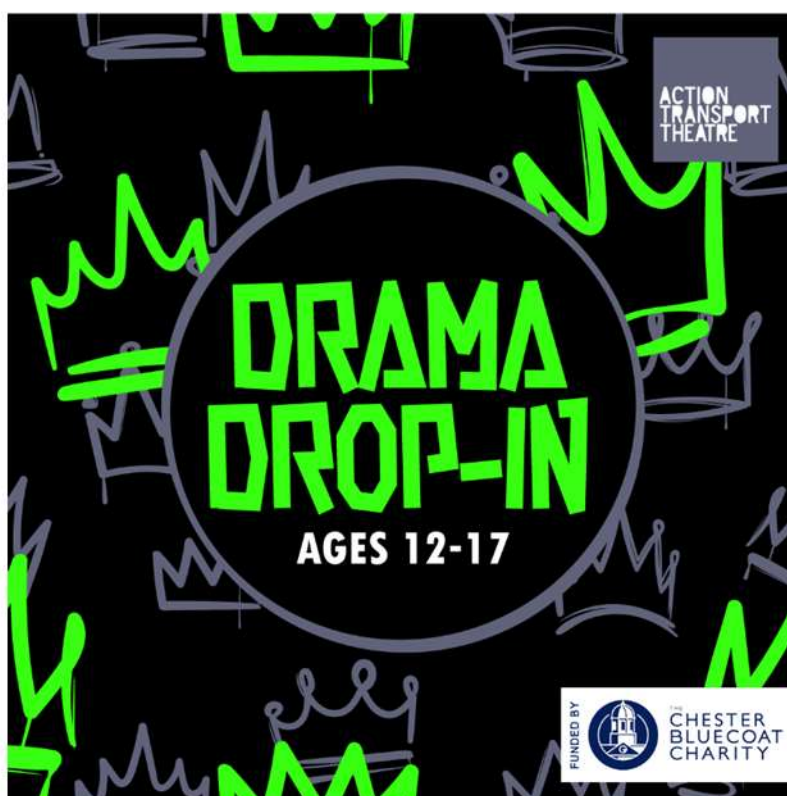
### Lower School- KS3

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



CHESHIRE AND WARRINGTON

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 