



EPCHS Student 'PD' Bulletin #64

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

In the busyness of everyday life, we can get swept up by distractions, and we never have enough time for ourselves. Today we challenge you to take some time out of your day to slow down and relax.

Spend some time relaxing, and maybe even take some time to spend with God.



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

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



WOULD YOU LIKE TO BE PART OF THE EPCHS STUDENT COUNCIL?

Would you like to be part of the Student Council and help make a difference to EPCHS?

Would you like to be heard?

Would you like to have your say?

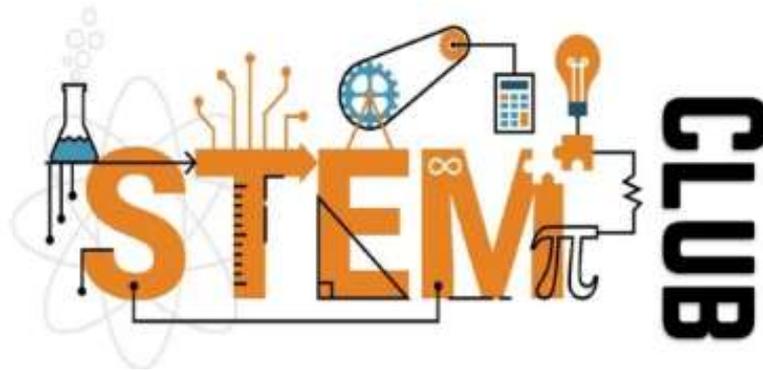
Make a difference to our school?

See Mr Hughes, Ms Edwards or Mrs Murphy for further information.



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...

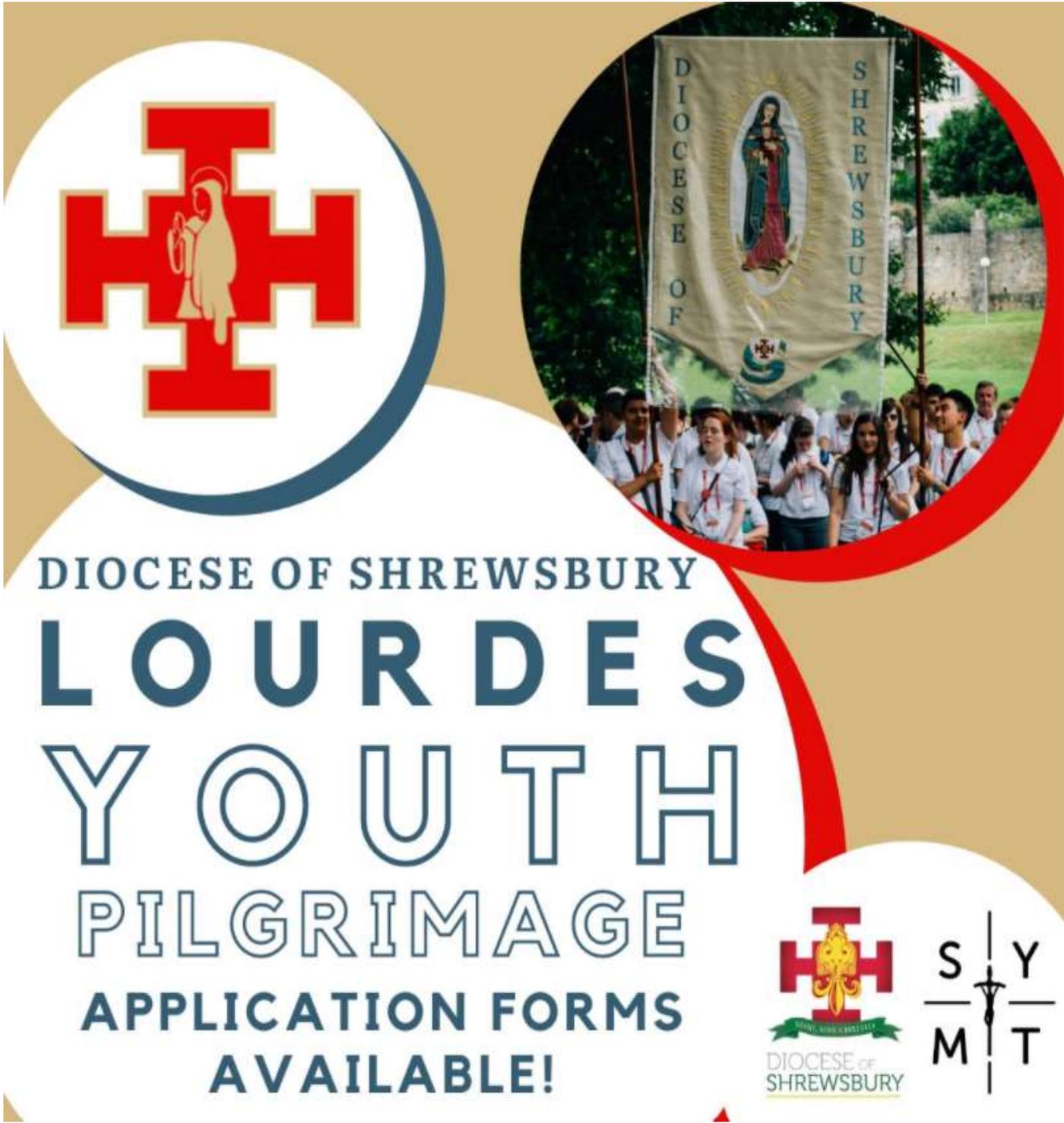


Mr Parkin's Key Stage 3 History Film Club is up and running! Open to ALL Year 7, Year 8 and Year 9 students the club is comparing the Hollywood screen hits to the real events through the study of history.

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!

DIOCESE OF SHREWSBURY

S | Y
 — | —
 M | T
 |
 — | —

A message from the Shrewsbury Youth Mission Team 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 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

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.

HOW TO GAIN CONTROL OVER YOUR BREATHING WHEN YOU ARE ANXIOUS

 @BELIEVEPHQ

04 

As you breathe in and out notice your mind relaxing and your body releasing itself of any tension. Maintain this breathing for a couple of minutes

05 

Now take a breath in through your nose for 3 seconds. Hold that breathe for 1 second. Then breathe out for 4 seconds from your mouth

03 

Start by getting into a slow and steady breathing rhythm. Breathe in through your nose and out through your mouth. As you breathe in your stomach/abdomen should rise and as you breathe out your abdomen should deflate. Maintain this for a couple of minutes. It can be helpful to count In - 1,2,3 Hold 1, Out 1,2,3

06 

Continue this for a few minutes and get into a steady routine following this pattern of breathing. If you feel ready you can try breathing in for 4 seconds, holding for 2 and breathing out for 6 seconds.

02 

Make sure you are in a quiet environment when you can relax your mind and body

01 

Find yourself a comfortable position. This can be sitting or lying down



BELIEVEPERFORM
Mental Health & Wellbeing

07 

Practise this twice a day for up to 5 -10 minutes to get into a regular routine

6th 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.

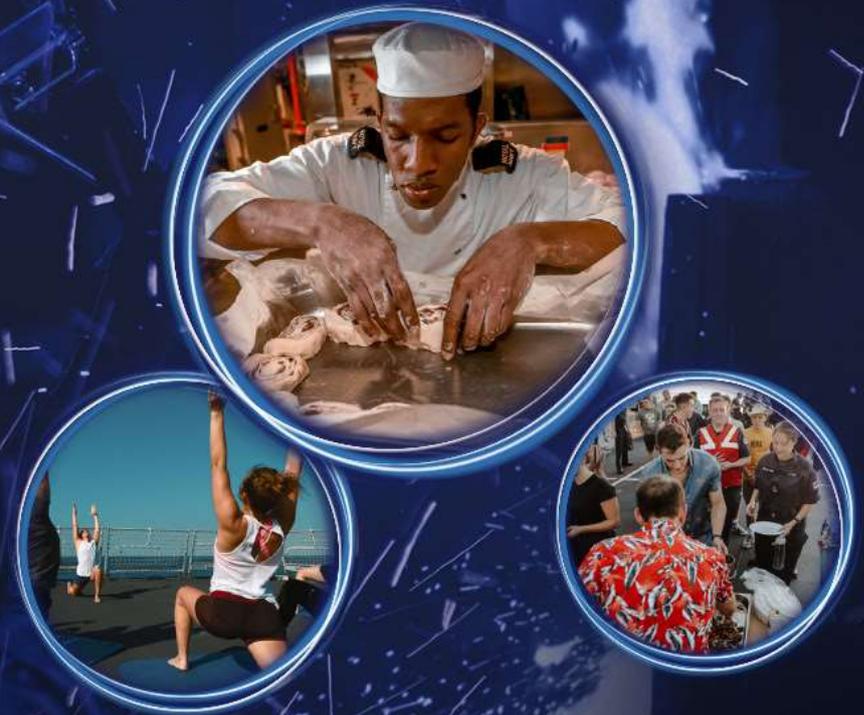
If you can't make the 9th February, the content will be available on demand until 23rd February.

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

ROYAL NAVY APPRENTICESHIPS

VIRTUAL EXPERIENCE

09.02.22



EARN WHILE YOU LEARN WITH
A ROYAL NAVY APPRENTICESHIP.

Royal Navy Apprenticeships Experience

Do you want to start an adventure of a lifetime, gain skills and qualifications, and get paid from day one for it?

Tickets are available here: <https://bit.ly/RNAppFB0902>

About this event

Think an apprenticeship means being stuck in a classroom all day? Think again. With the Royal Navy, you'll be learning on the job and applying your newfound skills in real work situations, with a crew who will become friends for life!

The Royal Navy Apprenticeships Virtual Experience is landing on your screens on Wednesday 9th February at 18:30, in association with National Apprenticeship Week 2022. Do you want to start an adventure of a lifetime, gain skills and qualifications, and get paid from day one for it?

Join our FREE virtual event to hear from our Apprentices on the roles available, life in the Royal Navy, the amazing benefits that accompany a career with us, and the world-class training you could receive. There are more than 20 apprenticeships available with us and the Royal Navy Apprenticeships Virtual Experience is a fantastic chance to explore these.

Do you have a question for the Royal Navy? This is the perfect opportunity to ask recruiters via a live chat and have any burning questions answered.

Book your free spot now to discover where an apprenticeship could take you!

How do I attend the virtual event?

The joining link will be sent by email to you ahead of the event using the email address you supplied during the registration process. Please keep an eye on your email inboxes (spam and junk folders too).

To join, click on the link enclosed in your email at the event start time. This will open the event on your computer in your default web browser. For the virtual event, we recommend using a laptop or desktop computer, instead of a tablet or smartphone, for the optimal experience.

The official event stream link will only be distributed via Eventbrite to ticketholders therefore any third-party links shared on social media should not be trusted. We will never ask you to provide any card details to access the event so if you see this during the event, please report it to your cardholder.

If you have any technical difficulties, please contact us at royalnavy@identitygroup.co.uk and a member of our team can assist.

Worried about committing?

This is a free online event, there is nothing to lose. We will not pressure you and there is no obligation to apply because you have attended the event. The purpose of the event is to bring like-minded individuals together, to introduce you to what life in the Royal Navy is like.

Want more information?

If you want to learn more about the Royal Navy:

Our website: <https://bit.ly/RNAppLP>

Connect with us on Facebook: <https://bit.ly/RNRECFB>

Check out our YouTube channel: <https://bit.ly/RNRECYT>

Is this event right for me?

This event is mainly suited for people who are looking to complete a Royal Navy Apprenticeship, are between the ages of 16 to 39, and a National of the United Kingdom, Dual Citizenship or a Commonwealth Citizen.

About the Royal Navy

In times of peace and conflict, the Royal Navy is key to Britain's prosperity and success. We help to stabilise the seas, keeping the maritime trade that's the lifeblood of the UK economy flowing. We act as a guardian and a diplomat, as a humanitarian force for good, and as a peacekeeper on the global stage.

Joining the Royal Navy isn't just a career, it's a lifestyle. It might not be for everyone, but if it's for you, you'll enjoy the unique benefits that only life in the military can offer.

Consent and Privacy

If you are registering to attend the Royal Navy Apprenticeships Virtual Experience, we would like to keep you informed of all our career opportunities in the Royal Marines with the data you've provided, as well as using your personal data for statistical purposes.

We are committed to doing all that we can to keep your data secure. To prevent unauthorised access or disclosure we have put in place technical and organisational procedures to secure the data we collect about you – for example using varying levels of encryption. We also make sure that any third parties that we deal with have an obligation to keep all personal data they process on our behalf secure.

Please note, that you can opt-out at any time. For full details on how we use and store your personal data please view the MOD Privacy Notice: <https://www.gov.uk/government/publications/ministry-of-defence-privacy-notice/mod-privacy-notice>

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 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 20th June, w/c 4th July or w/c 1st 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

The closing date for applications is **20th 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.

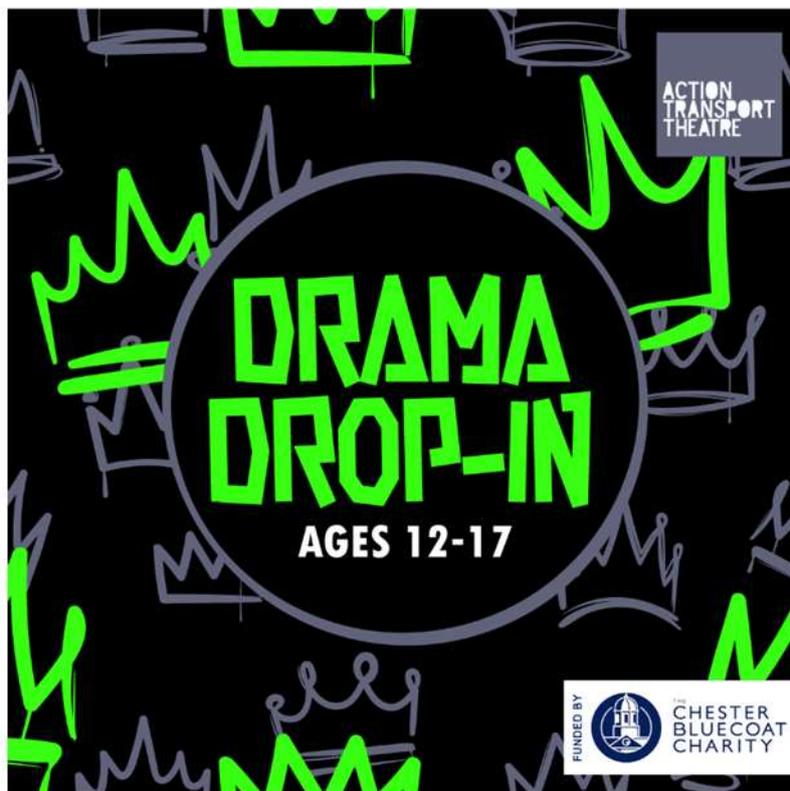
Lower School- KS3

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>

Road Safety message...

Riding your bike to school or riding at night? Then be safe, be seen, ride sensibly.



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 