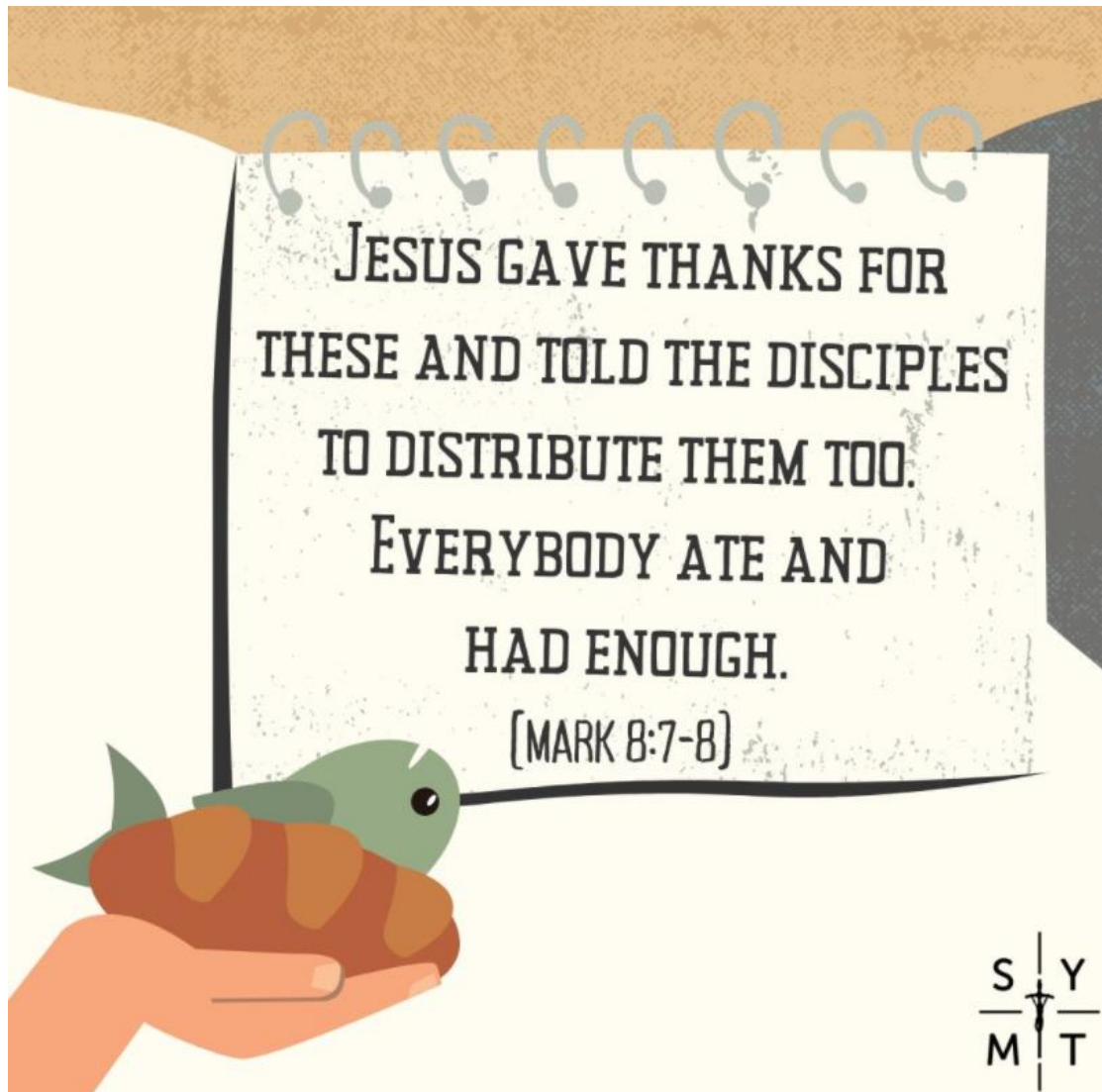




EPCHS Student 'PD' Bulletin #66

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

**God's blessings can never run out,
we will always have more than enough from Him.**



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?

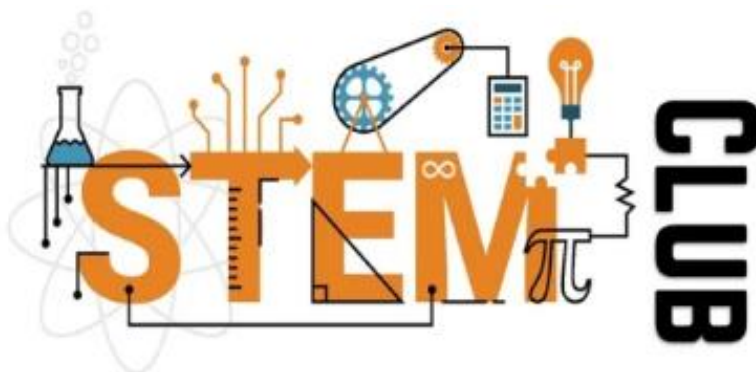
Make a difference to our school?

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...



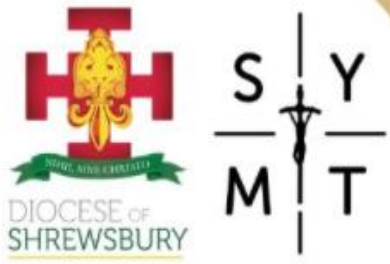
Mr Parkin's Key Stage 3 History Film Club is up and running! Open to ALL Year 7, Year 8 and Year 9 students the club is comparing the Hollywood screen hits to the real events through the study of history.

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 15th
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

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.

Selfcare is so important for everyone – check out this checklist, at the end of the week so many of these you can tick off...

SELF CARE CHECKLIST FOR STUDENTS



 @BelievePHQ

-  Achieved between 7-9 hours sleep each night
-  Found time to exercise throughout the week
-  Stayed hydrated throughout the day
-  Practised some relaxation techniques
-  Spoke to a friend, family member or teacher about how I am feeling
-  Made sure I have eaten 3 healthy meals each day
-  Spent time connecting and socialising with friends or family
-  Challenged unhelpful beliefs
-  Identified how I can use my strengths each day
-  Identified 3 good things I have achieved from the day
-  Taken time to pause, slow down and breathe

Make **WELLBEING** a **HABIT** for life

Information from Cheshire College – South and West



OUR ON-CAMPUS OPEN EVENINGS ARE BACK!

Get the full experience by coming along to one of our three Campuses in Crewe, Ellesmere Port or Chester to savour the atmosphere and see what it is like to be a learner at the College.

Find out about Full-time Programmes, A Levels, T Levels and other courses for school leavers, Apprenticeships, Higher Education and Part-time courses.

Dates/times:

1 March 2022

5:30-7pm

20 April 2022

5:30-7pm



Scan here to
register your place!

ccsw.ac.uk



6th Form information and activities...

KPMG Apprenticeship Programme

A promotional graphic for KPMG's 2022 apprenticeship programme. It features a teal background on the left with the text 'Apply Now!' in a large, white, sans-serif font, followed by '2022 Apprentice programmes' in a smaller white font. Below this is the KPMG logo. On the right side, there is a grid of nine small photographs showing diverse young people, likely apprentices, smiling and posing in various settings.

KPMG 2022 apprenticeship programmes are now open for applications. You can join KPMG as an apprentice in Audit, Consulting, Business Services, Law or Technology and Engineering. You'll receive the training, qualifications, work experience and support you need to thrive. They have work programmes available across the UK. For more information and to apply please go to

https://targetcareers.co.uk/employer-hubs/kpmg?utm_source=email&utm_medium=email&utm_campaign=client+mailing

Apprenticeships at BAE Systems



At BAE Systems, their advanced defence technology protects people and national security, and keeps critical information and infrastructure secure. They search for new ways to provide their customers with a competitive edge across the air, maritime, land and cyber domains. They employ a skilled workforce of 87,800 people in more than 40 countries, and work closely with local partners to support economic development by transferring knowledge, skills and technology. There are more than 25 apprenticeships on offer at BAE Systems. They offer five different degree level apprenticeships.

Whether you choose an engineering or a business apprenticeship you'll be guaranteed a good salary; academic or vocational qualifications; hands-on training and work where you can make a real contribution, doing work of vital importance.

Here are just some of the apprenticeships they offer:

- Software Engineering
- Electrical Engineering
- Project Management
- Maintenance
- Finance
- Business
- Aircraft Maintenance
- Mechanical Engineering
- Management
- Design
- Sheet Metal

For more information and to apply, please go to https://targetcareers.co.uk/employer-hubs/bae-systems?utm_source=email&utm_medium=email&utm_campaign=client+mailing

Hanson Heidelberg Cement Group - Leadership, Education and Development Higher Apprenticeship Programme

Hanson Heidelberg Cement Group is one of the largest building materials manufacturers in the world, the global market leader in aggregates which also has leading positions in cement, concrete and other downstream activities. Applications are now open for their Leadership Education and Development (LEAD) Higher Apprenticeship programme.

During the three-year programme LEAD trainee supervisors are offered:

- A starting salary of £19,760 (£23,088 London weighting)
- Annual salary review on successful completion of each year's programme
- 27 days paid holiday plus bank holidays
- Benefits portal providing retail discounts

The key focus is a distance-learning Foundation Degree (FdSc) in Minerals Extractive Technology from the University of Derby, this is fully funded by Hanson.

To be considered for this opportunity, please click [HERE](#) to apply. Applications close Friday 25th February 2022.

PwC Pathway to Flying Start Programme - Starts March 2022

PwC (PricewaterhouseCoopers) is a multinational professional services network of firms, operating as partnerships under the PwC brand. PwC ranks as the second-largest professional services network in the world and is considered one of the Big Four accounting firms, along with Deloitte, EY and KPMG.

The PwC Pathway to Flying Start programme is an access initiative to support young people to learn more about the Flying Start Degree opportunities available with PwC. The programme is completely fully-funded so no payment is required to take part.

Taking place in Spring 2022, it will prepare young people for joining one of PwC's school leaver degree schemes or apprenticeships. Over four virtual sessions, young people will gain insight on how to approach online assessments, succeed at interviews and network with colleagues as well as learn about PwC and the career routes available at the firm.

After the programme, PwC will be inviting students to join their virtual summer work experience and encouraging students to apply to one of their fantastic degree programmes where successful applicants are supported to attend university, gain a degree and along the way obtain work experience with PwC.

To ensure maximum engagement, students should join the sessions from individual devices.

PwC offers degree schemes in Accounting or Technology and young people involved should be interested in pursuing one of these routes. They must also be willing to attend one of the Universities relevant to their preferred stream. Please see the links below for more information.

[Flying Start Accounting Degree](#) - Newcastle University, University of Manchester, University of Nottingham, University of Reading or Queen Mary University of London.

[Flying Start Technology Degree Apprenticeship](#) - University of Birmingham, University of Leeds, Queen's University Belfast or Queen Mary University of London.

The dates of each workshop are:

- Tuesday 1st March 2022 from 9:00 - 11:00
- Thursday 10th March 2022 from 9:00 - 11:00
- Wednesday 16th March 2022 from 9:00 - 11:00
- Tuesday 22nd March 2022 from 9:00 - 11:00

Criteria for this programme

- Currently in Year 12.
- On track to achieve AAB+ at A Level.

If you meet these criteria and would be interested in taking part, please contact Mrs Boothroyd.

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.

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=WUoeFBivIUc&t=3s>

If you have any further questions, please email education@medicmentor.org or call them on 01530 417 299

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.

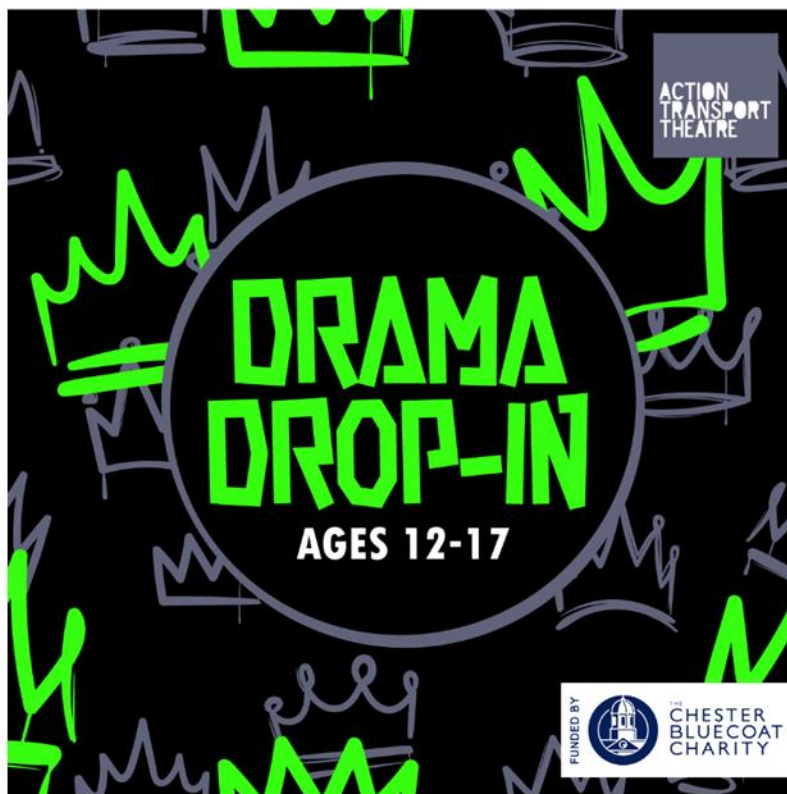
Lower School- KS3

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>

A screenshot of a web page header. On the left is a blue speech bubble icon. On the right are three buttons: 'MAKE REPORT' (purple), 'HIDE PAGE' (blue), and 'MENU' (grey with a hamburger icon). Below the buttons is a large purple banner with a photo of a young woman with braids. The text 'Don't Suffer In Silence, Make A Report.' is overlaid on the left side of the banner.



Hello, welcome to the School Help Advice Reporting Page System We all work together to help with any problems you may have in or out of school.

If you wish to contact us you dont have to leave your details if you dont want to.

Please take the time to look through the pages and if you feel that you can help to keep our school a safe, friendly and fun place to be you can get in touch using the link.

This is a CONFIDENTIAL way to stop YOU or a FRIEND or SOMEONE you have seen SUFFERING..

The Sharp System: <https://epchs.thesharpsystem.com/>



ELLESMERE PORT JUJITSU CLUB



Exciting news!



**Ellesmere Port Jujitsu is on the move AND
we have new training days!**

Sessions are as follows:

- Saturday 12th Feb:** Ellesmere Port Catholic High School, CH65 7AQ,
10:30am - 12:00pm
- Monday 14th Feb:** Ellesmere Port Catholic High School, 6:30 - 8:00pm
- Tuesday 15th Feb:** Hope Farm Community Centre, CH66 2RG, 6:30 - 8:00pm
- Wednesday 16th Feb:** Hope Farm Community Centre, 7:00 - 8:00pm
(we will return to a 6:30pm start in April)
- Wednesday 16th Feb:** Women's Self Defence, Hope Farm Community Centre,
8:00 - 9:00pm
- Saturday 19th Feb:** Ellesmere Port Catholic High School, 10:30am - 12:00pm

This will now be our weekly training schedule. Prices are still **£4:00** per Junior,
£4.50 per adult. Pay as you train, **no monthly direct debits.**

Don't forget we offer free taster sessions for your first go!
Just come along to any of our sessions

<https://www.facebook.com/EllesmerePortJujitsu>

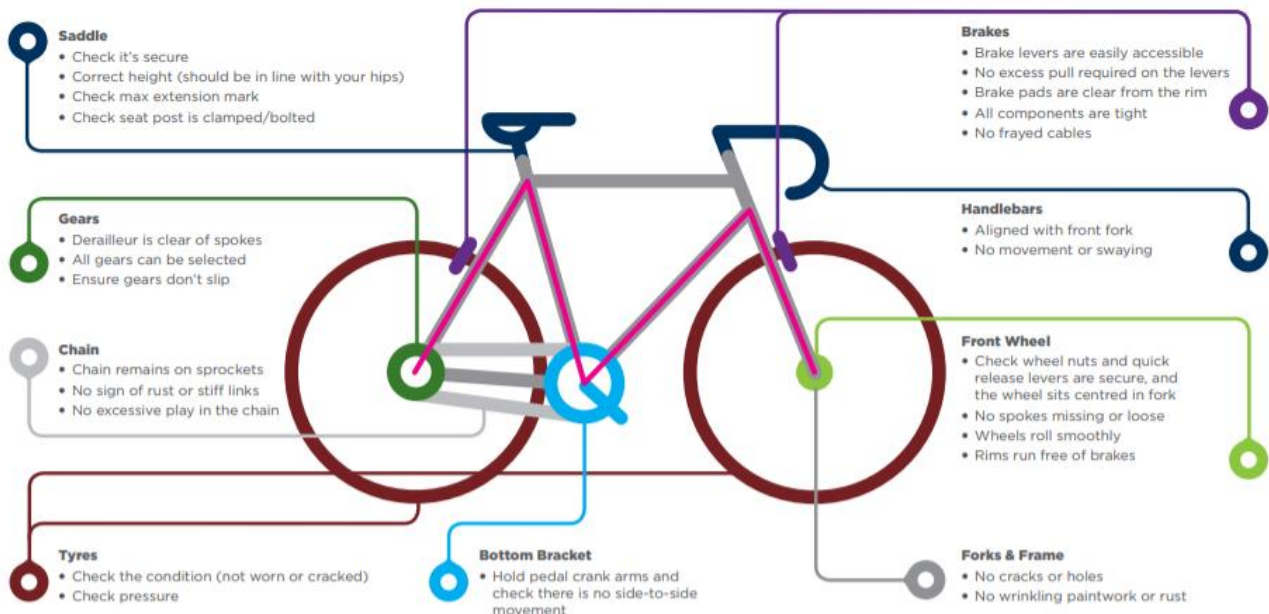
Road Safety message...

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



Have you performed a safety check of your bike?

BIKE SAFETY THE 'M' CHECK



REGULAR 'ABC' CHECK THAT SHOULD BE DONE BEFORE EVERY RIDE

A = Air (inflated tyres?)
 B = Brakes (front & rear ok?)
 C = Chain (seizing, slipping or rusting?)



FREE

BIKE SECURITY MARKING

EVENT

**NEW OR OLD
BIKES**



★ **PLANNED EVENTS** ★

FROM
2PM

- 5 Feb — ELLESMERE PORTS SPORTS VILLAGE
- 19 Feb — LITTLE SUTTON LIBRARY
- 26 Feb — ELLESMERE PORT BOAT MUSEUM
- 5 Mar — HOPE FARM LIBRARY
- 19 Mar — WHITBY PARK

UNTIL
4PM

Funding provided by local ward councillors

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

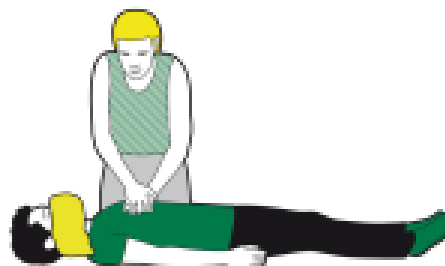


2. Lay a piece of towel or clothing over the casualty's nose and mouth



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

