



# EPCHS Student 'PD' Bulletin #67

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

**How will you PRAY this week? Spend some time in silence.**



**PRAY**

**Spend some time in silence this week.**

Just as Jesus went into the desert, it's important that we minimise the distractions in our life so we can hear the voice of God more clearly.

→

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**



## **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?

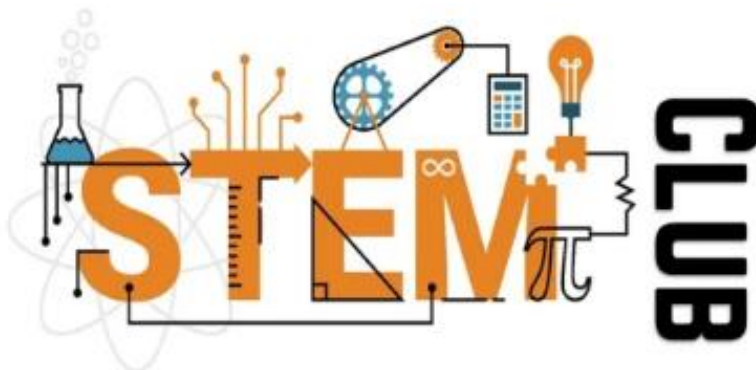
See Mr Hughes, Ms Edwards or Mrs Murphy for further information.



**SCHOOL COUNCIL WILL MEET EVERY WEDNESDAY,  
WEEK A, LUNCHTIME IN E1**

## 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!



## 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, March 8<sup>th</sup>  
Look out for further information on the DofE Teams**

**[www.dofe.org/assessor](http://www.dofe.org/assessor)**

**Have you completed any sections of your DofE Award Activities?**

**If so don't forget you will need to ask your activity assessor to fill in the report section. This will need your DofE Number, award level and activity. Remember no report = no award...so MAKE IT COUNT!**

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.

# 10 TIPS FOR A MORNING ROUTINE THAT SUPPORTS MENTAL HEALTH



BELIEVEPERFORM

@BELIEVEPHQ

## ACTIVITY



Think about ways you can be active or exercise in the morning. This can help boost mood and reduce stress

## SLOW DOWN



Slow down and give yourself plenty of time to get ready for your time. Take 5 minutes when you wake up to calm your mind and body

## BREAKFAST



Start your day with a well balanced meal to help boost energy. Try not to miss this important meal

## BREATHE



Whether it is lying on your bed or closing your eyes on the train/bus journey to work, deep breathing can provide you with a sense of calm

## IMAGERY



Take 5 minutes to close your eyes and imagine yourself performing well throughout your day

## GRATITUDE



Take a moment to appreciate everything you are grateful for

## POSITIVITY



Schedule activities into your day that will provide you with a sense of connectedness, pleasure and achievement

## READINESS



Get ready for your day by thinking about what demands you will be facing and what physical, mental and social resources you need available to cope

## REFLECTION



Take a moment to check in with yourself and monitor how you are feeling in your mind and body

## STRENGTHS



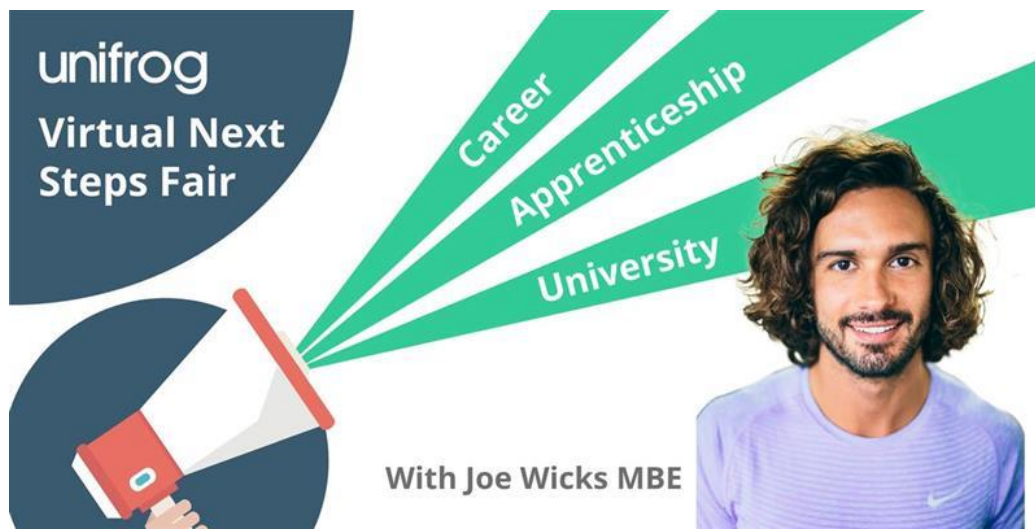
Take 5 minutes to note down your top 3 strengths and think about how you can put them into action throughout your day



Make WELLBEING a HABIT for life

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

### Unifrog's virtual 'Next Steps Fair' – 8<sup>th</sup> March – 5pm until 8pm



As part of 'National Careers Week', **Unifrog** are running a virtual event to give students the opportunity to compare all the different post school pathways, side by side. At the '**Next Steps Fair**', students can hear from employers, universities and apprenticeship providers in live sessions, and they can also drop by their 'virtual booths' to chat with them directly. More than 50 Universities are taking part, including the University of Cambridge, University of Glasgow, University of Manchester, University of Bath and Liverpool John Moores University and top employers and apprenticeship providers including Morrisons, British Airways, Unilever, Dyson and PWC. For more information and to register, go to [unifrog.org/student/webinars](https://unifrog.org/student/webinars)

### UK University and Apprenticeship Search Virtual Fair - Wed 30<sup>th</sup> March - 12pm until 6pm

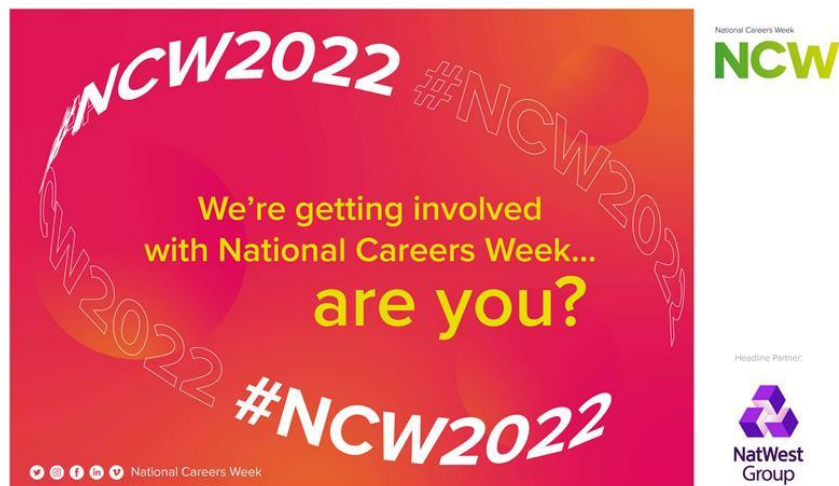


**The UK University & Apprenticeship Search Virtual Fair** will be held on **30<sup>th</sup> March** to help you explore your next steps, with a wide range of **universities, colleges and apprenticeship providers** from around the UK attending.

Speak directly with Admissions teams and Recruitment Officers from Russell Group, red brick, modern and specialist universities, along with higher and degree apprenticeship providers, to get personalised advice. You'll also be able to participate in 10 **live webinars** and view **virtual campus tours**. For more information and to book a free place, go to <https://ukunisearch.vfairs.com/>



## National Careers Week 2022 - Virtual Careers Fair - 7th to 12th March



The organisers of '**National Careers Week**' are hosting their annual '**Virtual Careers Fair**' from **7th to 12th March**. Employers such as the NatWest Group, Careers at Sea, NHS, BBC and Civil Service will be involved. You don't need to pre register. For more information go to [www.ncw2022.co.uk](http://www.ncw2022.co.uk)

### UCAS 'National Careers Week' events: 7th March until 11th March

For '**National Careers Week**', UCAS have teamed up with a whole host of careers experts, potential employers and universities to help you discover the possibilities for your future. The schedule for the week is as follows:

**Monday 7th - UCAS/Discovery online:** a chance to meet and speak to universities and apprenticeship providers between 10am and 6pm.

**Tuesday 8th - What are employers looking for?** In this session experts will talk about the different skills and qualifications employers look for when filling jobs, providing you with the insight to stand out

**Wednesday 9th - UCAS Careers Discovery workshop:** led by a careers expert, this session is all about discovering the right choice for you

**Thursday 10th - Careers Q&A**

**Friday 11th - Careers of the future:** this session will be about some of the change we may see to the world of work in the next 5 years.

For more information or to book a session go to <https://www.ucas.com/events/national-careers-week-2022-412176>

### Sutton Trust Summer Schools – Find out what university life is really like (Year 12s)

Spend a week, sometime between **June and August 2022** where you will:

- Experience University life
- Attend academic taster sessions for one of over 40 subjects
- Receive UCAS application support
- Get advice from current undergraduate students
- Join the Sutton Trust Alumni platform

- Develop essential life skills
- Meet students from across the UK
- Access the Sutton Trust on line.

These summer schools are **free to attend**. For more information and to apply, please go to [summerschools.suttontrust.com](https://www.suttontrust.com). If you have any further questions, contact [applications@suttontrust.com](mailto:applications@suttontrust.com)

Closing date for applications is **9<sup>th</sup> March**.

### **Sutton Trust: Apprenticeship Summer Schools (Year 12s)**

From **12<sup>th</sup> – 14<sup>th</sup> July 2022**, the Sutton Trust will be holding their Apprenticeship Summer Schools where you can:

- Learn about degree-level apprenticeships and speak to current apprentices about their experiences
- Receive guidance on where to find positions and stand out in the application process
- Get to know leading employers and understand their apprenticeship programmes
- Hone your interview skills
- Meet students from across the UK
- Access the Sutton Trust online
- Join the Sutton Trust alumni community

This summer school is **free to attend**. For more information and to apply, please go to <https://www.suttontrust.com/our-programmes/apprenticeship-summer-school/> If you have any further questions, contact [applications@suttontrust.com](mailto:applications@suttontrust.com)

### **Glyndwr University - Sports and Exercise Science Experience Event - 9th March**

Glyndwr University are holding 'Sport and Exercise Sciences' experience events. All are completely free and delivered in a relaxed environment.

The experience day will take place on **9th March**. The event will include a range of 30-minute sessions which will be delivered on campus by members of the WGU Sport and Exercise Sciences team. The day will start at 9.45am and run until 2.15pm with a short break for lunch, and students will have the opportunity to participate in a wide variety of activities enabling them to experience a taste of what it is like to study at University. Sessions will include:

- Performance psychology interventions utilised in elite sport
- Physiological testing methods
- Fitness and conditioning
- The use of communication models in football
- Holistic development of players and athletes (practical)
- Performance analysis

If you are interested in attending, please contact Mrs Boothroyd in the Sixth Form.

## Hanson Heidelberg Cement Group - Leadership, Education and Development 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 open for their Leadership Education and Development (LEAD) Apprenticeship programme.** Please use the attached link if you are interested in applying for these apprenticeships <https://www.hanson-careers.co.uk/en/apprenticeships/trainee-supervisor-positions-2022>. **Closing date is 14<sup>th</sup> March.**

## INVESTIN - Free online careers seminars for Parents/Guardians

INVESTIN are running a series of free, online seminars designed to give Parents/Guardians the skills they may need to support their children on their career journey. As follows:

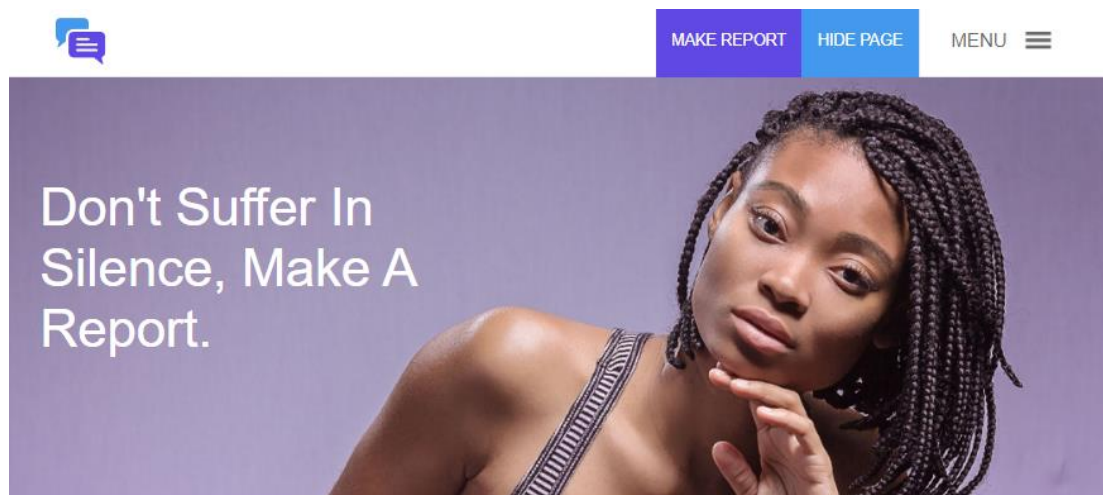
9<sup>th</sup> March - 'Women in Business', 7pm-8pm

23<sup>rd</sup> March - 'Ultimate Career Experience', 7pm-8pm

6<sup>th</sup> April - 'Career Workshop', 7pm-8pm

4<sup>th</sup> May - 'Through the magnifying glass' - about careers in Forensic Science, 7pm-8pm

For more information and to register, follow this link <https://investin.org/pages/parent-events>



MAKE REPORT HIDE PAGE MENU

Don't Suffer In Silence, Make A Report.



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/>

## 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.

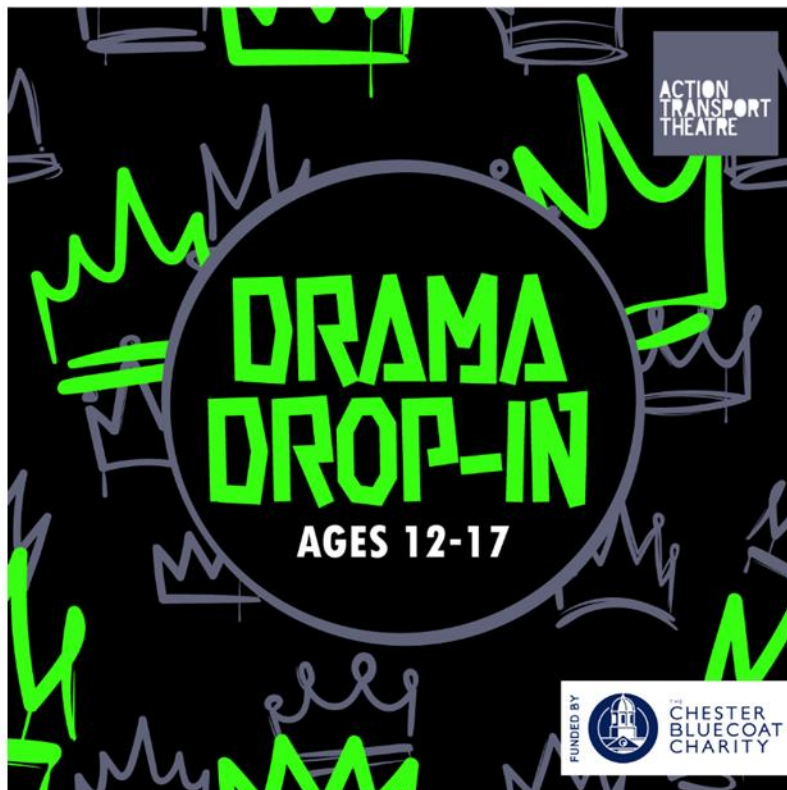
### Lower School- KS3

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>



# 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>**

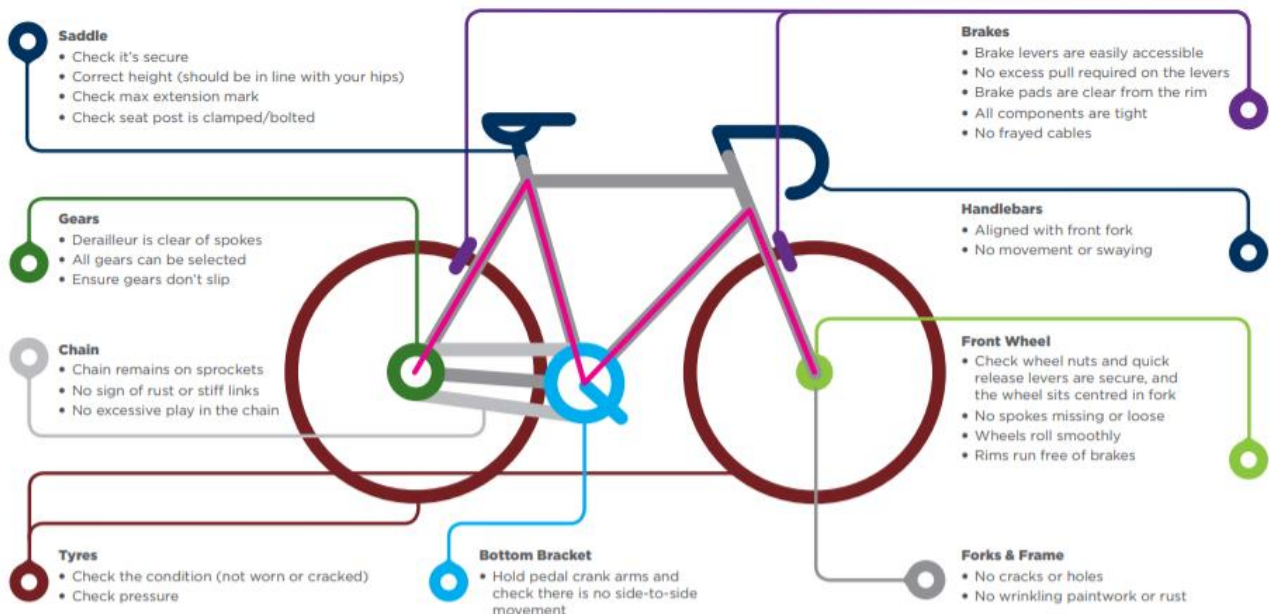
## Road Safety message...

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





**FREE**

# BIKE SECURITY MARKING

**EVENT**

**NEW OR OLD  
BIKES**



★ **PLANNED EVENTS** ★

FROM  
**2PM**

**19<sup>th</sup> March @  
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

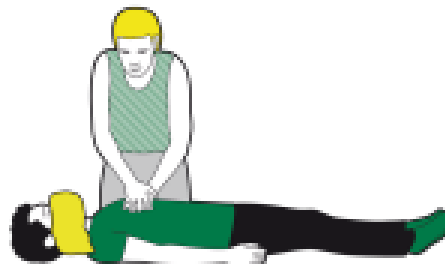


### 2. Lay a piece of towel or clothing over the casualty's nose and mouth



### 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](http://sja.org.uk)

St John  
Ambulance 