



# EPCHS Student 'PD' Bulletin #68

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

**What can you do to support someone who needs it?**



**GIVE**  
Give your time.

What can you do this week to help someone? Giving our time is a great way to show our love and care.

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



## 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?

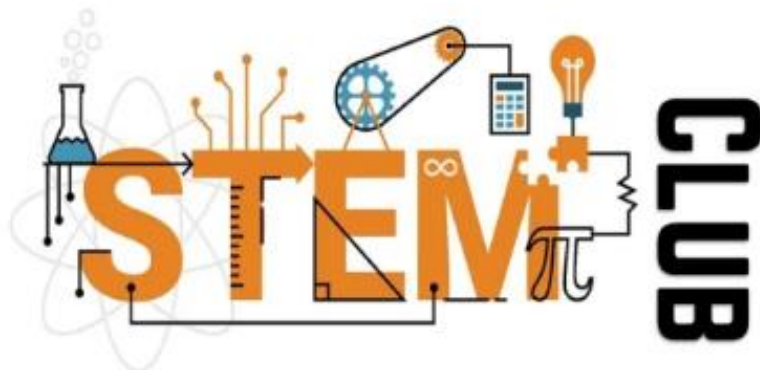
See Mr Hughes, Ms Edwards or Mrs Murphy for further information.



**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 15<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!

A message from the Shrewsbury Youth Mission Team [www.synt.org.uk](http://www.synt.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 THINGS YOU CAN DO TO BUILD YOUR CONFIDENCE

## REVIEW

Review recent successes so that you can understand what you need to keep doing to maintain momentum

## PREPARATION

Make sure you are technically, tactically, physically and psychologically as prepared and ready as you can be

## CONTROL

Focus on things that you can control. Control the controllables

## MINDSET

Focus on building your confidence mindset. What things do you want to be thinking and doing regularly?

## FEEDBACK

Get regular feedback so you can learn how and where to improve

## SUPPORT

Make sure you have a good support network who can help to build your confidence

## ACHIEVEMENTS

Remind yourself of your achievements

## GOALS

Spend time identifying what process goals you want to achieve

## STRENGTHS

Spend time identifying your strengths and how you can regularly use them every day

## ROLES

Get clear on what your role is from an individual and team perspective



@BELIEVEPHQ

BELIEVEPERFORM  
Mental Health & Wellbeing

Make WELLBEING a HABIT for life

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

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



The **UK University & Apprenticeship Search Virtual Fair** will be held on **30th 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/>

### Liverpool Hope University – Applicant Days

For any Year 13 students that have applied to Liverpool Hope University, they are holding applicant days on **19th March, 6th April (virtual event) and 30th April**. For more information or to book, please go to <https://www.hope.ac.uk/applicantdays/>

### Liverpool John Moores University - Campus Tour - 16th March

For anyone interested in applying to Liverpool John Moores University, they are holding a campus tour on **16th March @12.45pm**. To register, please go to <https://www.ljmu.ac.uk/study/undergraduate-students/visit-us/campus-tours>

### 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:

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>



## In2ScienceUK's free STEM Summer Programme



This programme will aim to offer **Year 12 students** the opportunity to gain hands-on work experience through in-person STEM placements. The programme will connect students to experts at universities and in industry working at the cutting edge of research and innovation. Students will gain access to:

- 1-2 weeks of in-person work experience and mentoring
- Online skills, employability and careers workshops
- Public engagement competitions with prizes
- Alumni network

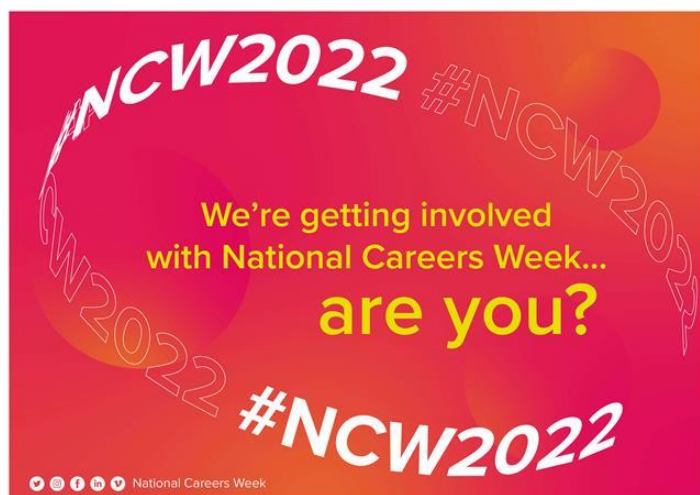
Placements will take place between **25th July to 26th August**.

The **closing date** for applications is **1st April**.

You can find out more about the programme through a **virtual open day on 22nd March**.

For more information, to book a place on the virtual open day and to apply please go to <https://in2scienceuk.org/students/>

## National Careers Week 2022 - Virtual Careers Fair – until 12th March



National Careers Week  
**NCW**

Headline Partner



The organisers of 'National Careers Week' are hosting their annual 'Virtual Careers Fair' which ends on **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)

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



**Year 13s:** Applications close on **14<sup>th</sup> March** for their Leadership Education and Development (LEAD) Higher Apprenticeship programme. Working while you learn is a fast-track way of gaining experience and qualifications. On completion, you will have a ready-made career with a leading company. During the three-year programme, LEAD trainee supervisors are offered:

- A starting salary of £20,592 (£22,984 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.

LEAD has proved to be an ideal launching pad for those who wish to develop a long-term career in the mineral sector. They now have former LEAD programme participants employed across the business in a diverse range of roles from Cement Process Engineer to Kiln Production Engineer to Assistant Quarry Manager.

To be considered for this fantastic opportunity, please click [HERE](https://www.hanson-careers.co.uk/en/apprenticeships/trainee-supervisor-positions-2022) to apply (<https://www.hanson-careers.co.uk/en/apprenticeships/trainee-supervisor-positions-2022>).

# The Sharp System



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.

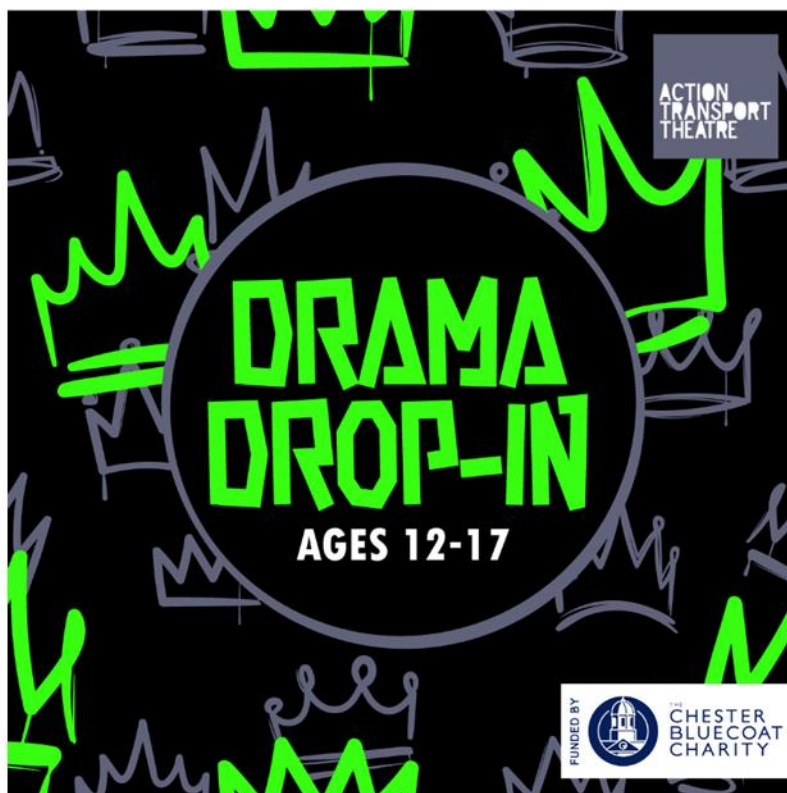
### Lower School- KS3

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>

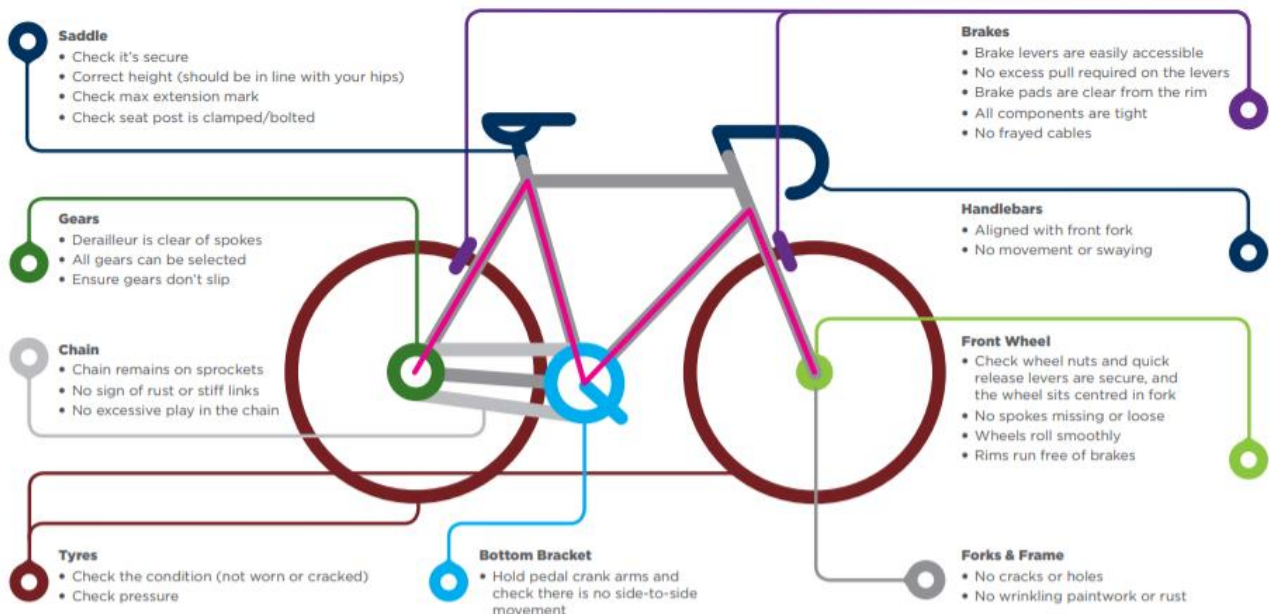
## Road Safety message...

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

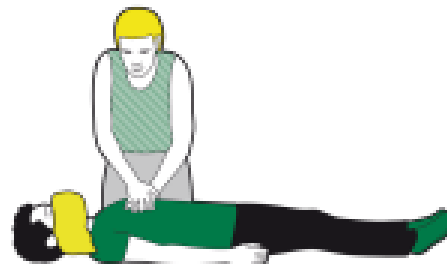


### 2. Lay a piece of towel or clothing over the casualty's nose and mouth



### 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

