



EPCHS Student 'PD' Bulletin #69

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

Be the CHANGE you wish to see in the World.



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?

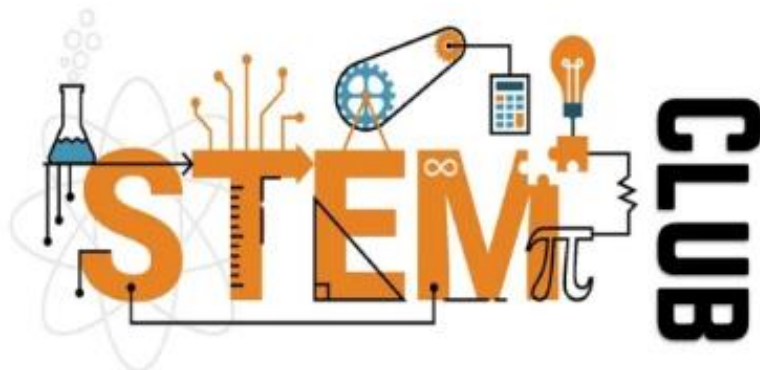
See Mr Hughes, Assistant Headteacher



**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 22nd
Look out for further information on the DofE Teams**

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

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.

10 WAYS TO BUILD PHYSICAL AND MENTAL RESILIENCE



Understand what you need to be resilient for – what demands are placed on you in the environment you have to perform in?



Start practising your resilience building habits and be curious about how long you can keep them going for



Make sure you've got rest and recovery periods built into your resilience plan, so you can recharge mentally and physically along the way



Get into the mindset that resilience can be built



Keep an open mind - you're building resilience for keeping going when things are going well or not so well. Resilience isn't just about bouncing back from bad!



Keep updating your resilience record. Where has your resilience paid off?



Look back over the last 12 months and work out what made your resilience rise and fall. Pay particular attention to the resilience builders



Get other people involved. Building resilience with other people and having them help you stick with your habit is always important



Keep running your resilience recipe through the steps so it stays relevant and ever more effective



From knowing what things build your resilience both mentally and physically, get a plan of resilience building habits into your diary



@BELIEVEPHQ

BELIEVEPERFORM

Mental Health & Wellbeing



You CAN do this...you have GOT this!

6th Form information and activities...

UK University and Apprenticeship Search Virtual Fair Wednesday 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/>

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:

23rd March – ‘Ultimate Career Experience’, 7pm-8pm

6th April – ‘Career Workshop’, 7pm-8pm

4th 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>

Unifrog - undecided about apprenticeships? Webinar - 29th March @5pm



Are you interested in learning more about apprenticeships as an alternative to university? In this webinar, an employer and current apprentice will help you understand how to find apprenticeship vacancies and give you tips on how to prepare a successful application. To register go to www.unifrog.org/student/webinars

Engineering and Manufacturing Apprenticeships at Nestle



Nestle, the biggest food and beverage company in the World, are offering Engineering and Manufacturing apprenticeships. Closing date for applications is 27th March. For the Engineering apprenticeships, please go to <https://www.nestleacademy.co.uk/apprentices/advanced-apprenticeships-l3/engineering/index.htm>

For the Manufacturing apprenticeships, please go to <https://www.nestleacademy.co.uk/apprentices/advanced-apprenticeships-l3/food-manufacturingmanufacturing-ptc-apprenticeship/index.htm>

Production Apprenticeship Programme - Toyota, Deeside



TOYOTA
MANUFACTURING UK

2022 / 23 Toyota Deeside Production Apprenticeship

This exciting 12 month Production Apprentice programme will provide an opportunity to learn both the practical skills & theory necessary to start a successful career working within our fast-paced production environment.

You will develop the skills to carry out processes to a high standard, both safely and efficiently through off the job training supported by Coleg Cambria and placements within our Casting Plant, Machining lines, Engine Assembly line & Quality Assurance.

Once you have successfully completed the programme, you will gain a Level 2 diploma in Manufacturing, plus a number of additional qualifications including Health & Safety and Hybrid Engineering. You will then be offered a position of a permanent Toyota Member, in one of our production areas.

We look for people with drive & passion to make a difference within the workplace, as well as for their self-development & progression.

Basic salary: £13,525 rising with annual increments to approx. £22,000* upon successful completion of the 12 month scheme.
*plus shift allowance depending on allocated shift rotation.

Casting
Machining
Assembly
Quality Assurance

SCAN ME

Toyota Motor Manufacturing UK Deeside Engine Plant are offering a 'Production Apprenticeship Programme', starting in September 2022. It is a 12 month programme, providing opportunities to learn valuable skills and to secure a permanent role with them. Please go to their recruitment website where you will find the application for the programme entitled "Deeside Production Apprenticeship 2022". The closing date for this is 3rd April 2022. <https://recruitment.toyotauk.com/>

- University of Portsmouth -
- Live sessions in March & April to help you make the most of University -
- Sessions for students and parents -



The University of Portsmouth are running the following sessions in March and April to assist you on your university journey:

Student Finance - 30th March - 4pm until 5pm

Student Finance - 31st March - 6pm until 7pm

Student Finance: a guide for parents - 5th April (6pm-7pm) and 7th April (7pm-8pm)

Revision and study skills to prepare you for university - 6th April - 4pm until 5pm

Researching a course and university - 27th April - 4pm until 5pm

For more information and to book, please go to <https://www.port.ac.uk/collaborate/schools-and-colleges/getting-started/live-sessions>

Apprenticeships in Horse Racing with 'Careers in Racing



If you are looking for a career with a difference, explore an apprenticeship in horse racing. 'Careers in Racing', can show you how to get hands-on experience with racehorses and get onto the ladder that leads to a wide range of roles.

You don't need experience with horses, or academic qualifications: just a love of working with animals and being part of a friendly team. For more information, go to <https://www.careersinracing.com/apprenticeships-2/>

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/>

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.

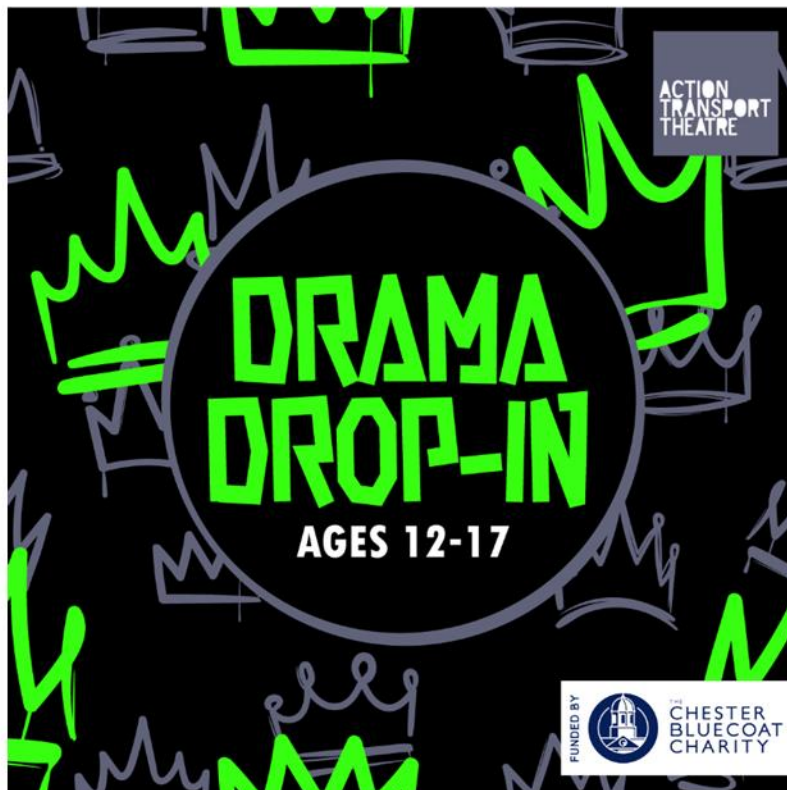
Lower School- KS3

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>

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

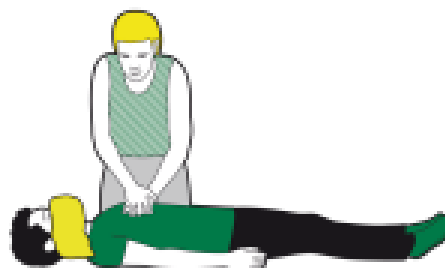


2. Lay a piece of towel or clothing over the casualty's nose and mouth



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 