



# EPCHS Student 'PD' Bulletin #70

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

Let us PRAY. Listen to music.

# PRAY

## Listen to music.



There are many Christian artists out there creating songs to help us worship God. Why not listen to one and make the words your own prayer?

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?

We meet every Wednesday, Week A in E1 at lunch time.

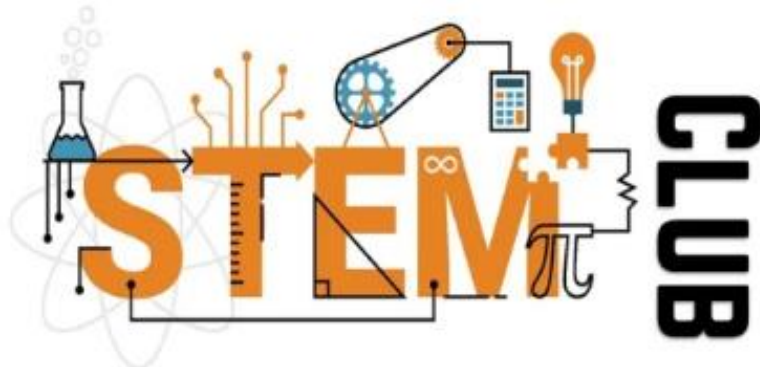
See Mr Hughes, Assistant Headteacher



**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.



## The EverLearner



# The Roadmap - Thinking, Learning and Exam Writing Skills

During the summer term we will be launching a new initiative to support students' development with interpreting and answering test and exam questions. The Everlearner Roadmap is a 14-lesson online course for developing exam skills as well as thinking and learning. The course will support students not only with test and exam questions but also to develop better oral responses to questions asked within classroom settings. Organised into 14 intuitive and memorable skill maps, The Roadmap course takes approximately 3 hours study to complete and is spread over the school year with students focusing on different skills each half term.

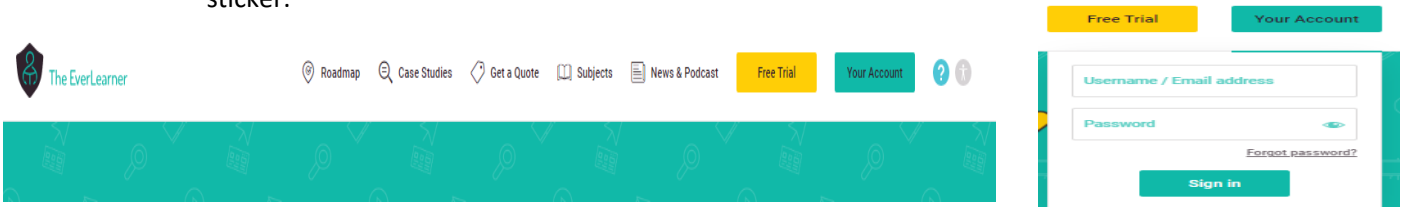
### Benefits of taking the course

- The Roadmap demystifies common exam terminology.
- Provides a visual, memorable and practical tool to help students structure answers and understand on a deeper level what the question is really asking.
- Supports students to intuitively understand what words such as 'explain', 'analyse' and 'evaluate' mean.
- Allows for more clarity in test/exam answers.
- Changes the way students think about concepts for example, by understanding what it really means to evaluate, it becomes easier to think in an evaluative mindset. It becomes more natural to consider the strengths and weaknesses of a new concept.
- Improve ability to write with the question in mind.
- Improvement in the linguistic quality of answers.
- Improvement of the use of adverbs and conjunctions along with carefully considered punctuation to drive up the quality of writing.
- Promotes increased flair and creativity in writing.
- The Roadmap allows students flexibility in their answer, so they can focus on their strengths and use good-quality writing to demonstrate the depth of their understanding.
- Offers a greater degree of structure to help students who find it more challenging to construct well-formed written responses.
- All students who complete the course will receive a certificate of completion.

## How to access the course

Students in Years 7, 8, 9 & 10 will be set each Roadmap task via The Everlearner Platform.

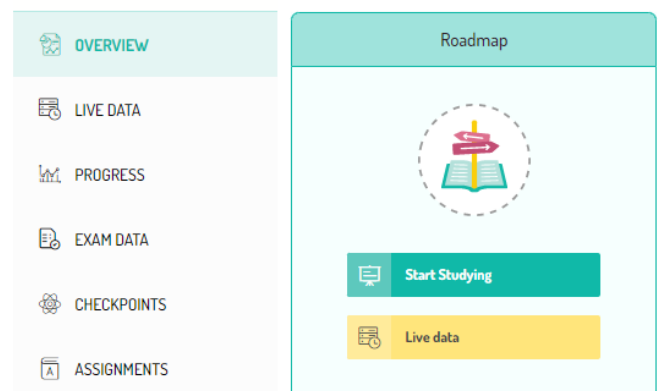
- All students will receive a sticker to put in their planner containing log on details, username and password.
- Students go to <https://www.theeverlearner.com/>
- The site can also be accessed via the school website homepage.
- Click on the green 'Your Account' tab and enter your school email and password from your sticker.



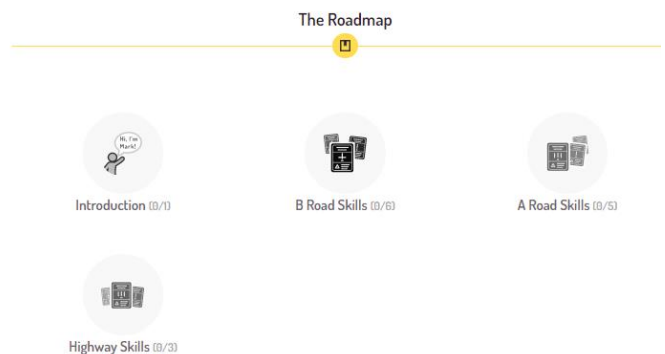
## How to study and learn

Once you have logged on and accessed the course you will see your dashboard. Click on the green 'start studying' tab.

### Dashboard

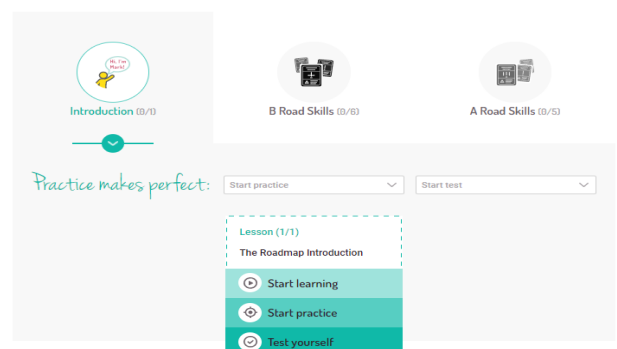


The Roadmap is broken down into 4 sections. You will need to complete the introduction lesson first. Click on the Introduction logo.



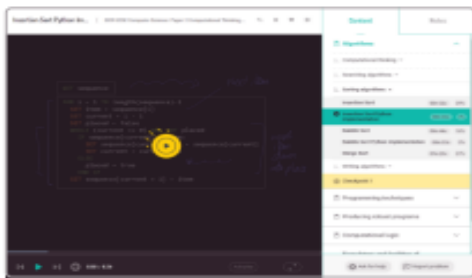
You will now be presented with three options in relation to the lesson:

1. Start learning (Lesson Mode) – click on this to access the video lesson.
2. Start practice (Practice Mode) – click on this to enter practice mode low stakes quizzing.
3. Test yourself (Test Mode) – click on this to take the high stakes quiz.

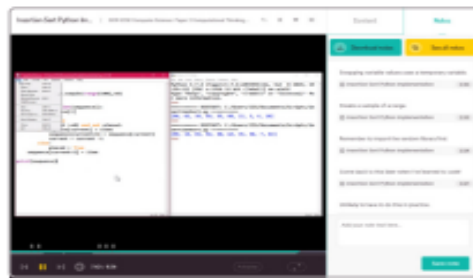


## Modes explained

### LESSON MODE



Video lesson with access to whole course structure, notes and support.



Efficient note-taking facility tied to points in the video. Your notes are also available in practice mode.

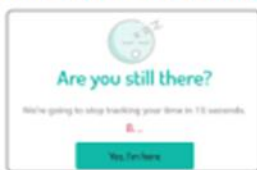


The platform gently encourages you to take notes if you forget! Taking notes helps you to think about the content and makes it memorable.

### PRACTICE MODE



Low stakes practice quizzing, which only records the time spent. Stay on task, though ...



Practice mode does not end until you decide. Access to course is allowed and feedback given after every question.

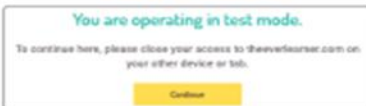


Access to your video notes allows you to jump straight to relevant part of video if you need any help.

### TEST MODE



Higher stakes quizzing - the same but now with a time limit. Your live score is also tracked. No access is allowed to videos or notes ....



Feedback is given after each question.

The time limit per question is based on you having done sufficient practice in Practice Mode. We'll remind you to switch back if we think you are struggling!

**It looks like you're struggling.**

Practice mode is the perfect place to practice questions because it doesn't matter if you get them wrong. Think of it like training before a big game!

Switch to practice mode

## What happens next

- Students will receive their log-on stickers during their PE lessons.
- Follow the instructions to complete the introduction lesson.
- PE staff will set the work and monitor completion.
- Please ensure that you watch the whole of the lesson and make notes before entering the practice mode and test mode. Please note that teachers can see if students are skipping the video lesson or attempting to complete the test without watching the lesson and making notes.
- Spend a little bit of time answering questions in practice mode and when ready move into test mode.
- Complete the assessment in test mode for the introduction lesson. There is no limit to the number of attempts that you can take.
- The window for completion is Monday 25<sup>th</sup> April to Friday 13<sup>th</sup> May.
- The assignment will be posted on MS Teams.
- Look out for regular posts and updates relating to The Roadmap on The Roadmap Channel within the All Students MS Team.
- Any further questions please contact Mr Cavanagh.

# Time to #MakeItCount

## 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, April 26th  
Look out for further information on the DofE Teams**

### **EXPEDITION DATES...**

**Yr10 and 6<sup>th</sup> Form Silver Practice Expedition  
April 29<sup>th</sup> – May 1<sup>st</sup>**

**Yr9 Bronze Practice Expedition  
May 13<sup>th</sup> – 14<sup>th</sup>**

**[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!**


# **#WeAreDofE**



Year 11 would you like more help and support with your next steps? If so check out the Careers Information offer from our school Advisor, Hazel...



**Year 11 Careers Progress Evening**  
*Careers Information, Advice & Guidance*  
**Tuesday 3rd May 3:30-6:30pm**  
Please book in on Schoolcloud for 1:1 appointments with the school careers advisor, Hazel



Feel free to email on [h.hanslip@epchs.co.uk](mailto:h.hanslip@epchs.co.uk)



**2375 (Neston) Squadron, RAF Air Cadets**

**Open night**

**Come and see what we're about, you won't regret it!**

[www.2375aircadets.org](http://www.2375aircadets.org)

Twitter @2375RAFAC

Instagram @2375ATC

Facebook 2375 Neston Sqn RAFAC

Email [info@2375aircadets.org](mailto:info@2375aircadets.org) for further details.

**Tuesday 3rd May, 1930 onwards**

**Join us for our open night**

Cadets – aged 12+ and in Year 8

ALL activities are face to face!!



DIOCESE OF SHREWSBURY  
**LOURDES**  
 YOUTH  
 PILGRIMAGE  
 APPLICATION FORMS  
 AVAILABLE!

DIOCESE OF SHREWSBURY

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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.

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

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

### Degree Apprenticeships for Year 13 Students at HSBC

HSBC are offering 'Wealth and Personal Banking Degree Apprenticeships' at the following locations: Birmingham, London, Leeds, Whitely/Southampton, Sheffield, Chester. You will join on a permanent contract consisting of a four-year structured programme which includes a series of different rotations across multiple areas of your business line, all whilst working towards an externally recognised degree qualification via one of their University partners. This is a Level 6 apprenticeship. The programme length is 4 years. The closing date for applications is 30<sup>th</sup> April. Click here for more details on how to apply: <https://pathwayctm.com/opportunity/hsbc-wealth-and-personal-banking-degree-apprenticeship/>

### Newcastle University - FREE Year 12 Summer School - 19th July until 22nd July – closing date 6pm on 24<sup>th</sup> April



Do you want the chance to experience a taste of university life? Visit Newcastle University and gain an insight into what life is like as a student at Newcastle University. Apply to take part in their FREE Year 12 Summer School. You will stay on campus, try out subjects and take part in some fun social activities. The Summer School will take place from 19th July until 22nd July. Closing date for applications is 6pm on 24th April. For more information and to apply, please go to <https://belong.ncl.ac.uk/bitesizeuni>

### Meeting the Russell Group universities – Virtual Fair – 27<sup>th</sup> April

Interested in studying at a Russell Group University? You can speak to all 24 Russell Group universities in one place on 27<sup>th</sup> April. There is an afternoon and evening session. During the afternoon session (12.00pm-2.30pm) you can explore different Russell Group universities, visit stands, view virtual campus tours and take part in 5 live webinars. During the evening session (4.30pm-8.00pm) you can speak directly with ambassadors from all 24 universities and ask questions in live video presentation sessions. For more information and to register, please go to <https://russellgroup.vfairs.com/>

## **Liverpool Hope University – Applicant Days**

For any Year 13 students that have applied to Liverpool Hope University, they are holding an applicant day on 30th April. For more information or to book, please go to

<https://www.hope.ac.uk/applicantdays/>

## **The University of Liverpool – Open Days**

The University of Liverpool will have open days on 17th June, 18th June, 24 September and 15 October. To book, please go to <https://www.liverpool.ac.uk/study/undergraduate/open-days-and-visits/>

## **Durham University – Open Days**

Durham University will have open days on 17th June, 18th June, 16th September and 17th September. To book, please go to <https://www.durham.ac.uk/visit-us/open-days/>

## **University of Portsmouth – Researching a course and university**



The University of Portsmouth are running a live session on 27th April, 4pm until 5pm entitled 'Researching a course and university' which is ideal for those of you considering university after school. For more information and to book, please go to <https://www.port.ac.uk/collaborate/schools-and-colleges/getting-started/live-sessions>

# 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.

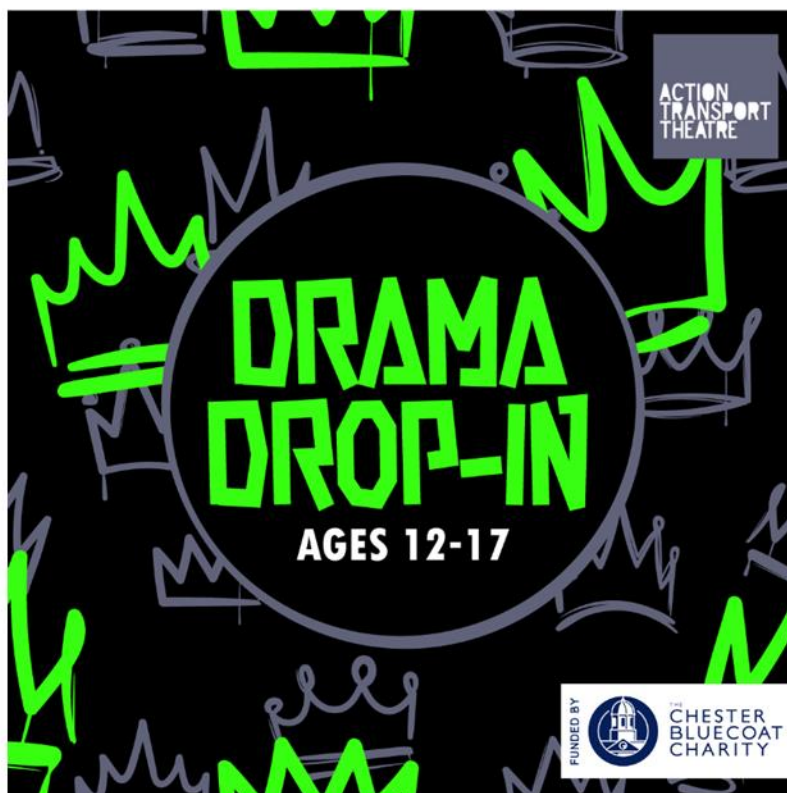
### Lower School- KS3

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>

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

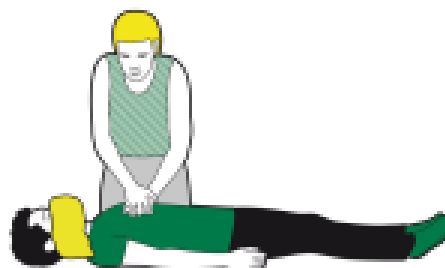


### 2. Lay a piece of towel or clothing over the casualty's nose and mouth



### 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 

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