



Parent Weekly Bulletin - 28th June 2024

Headteacher Message

Dear Parents and Guardians,

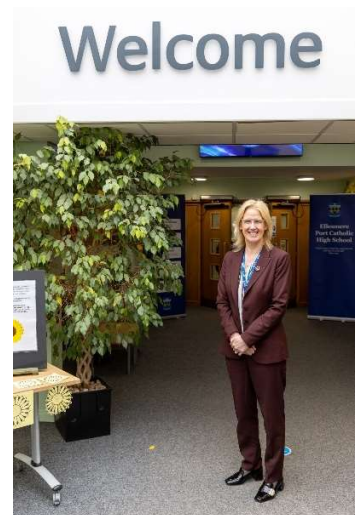
This week is extremely busy!

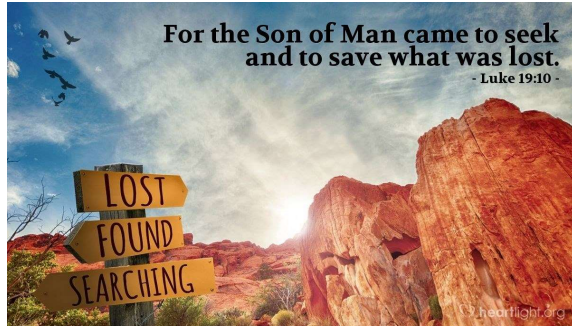
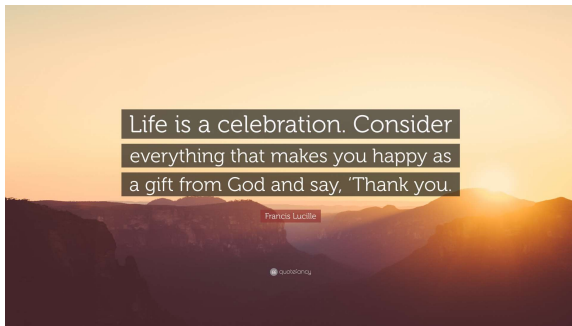
We look forward to celebrating with some of our Award Winners on Thursday at Presentation Evening; Year 12 are getting ready for their turn at work experience and we are very excited to welcome our 2024/25 cohort into school on Wednesday for Transition day.

Please note that the School will close at 2pm on Thursday 4th July due to Presentation Evening.

Have a fantastic weekend,

Mrs Vile



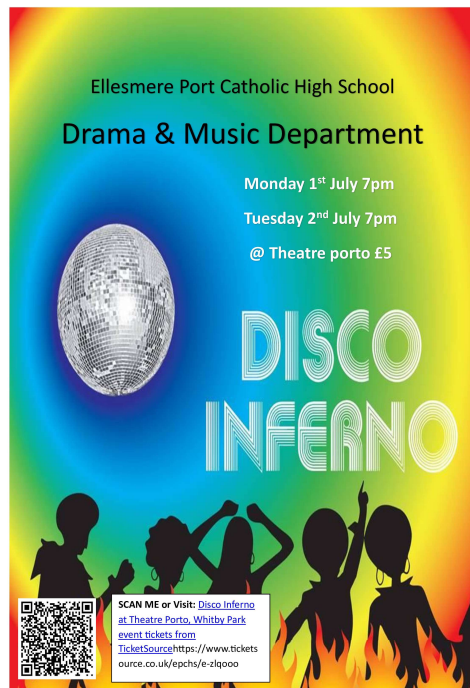


Performing Arts News

Its DISCO time! Come and enjoy the sounds of the disco era, sung and danced by our fantastic students.

Monday 1st July and Tuesday 2nd July @ [Theatre Porto](#)

We can't wait to entertain you! Audience participation welcome! Come and join the party....To book tickets use the QR code on the poster or click the link - <https://www.ticketsource.co.uk/epchs/disco-inferno/e-zlq000>



RE News

40 year 8 pupils visited the Al-Rahma mosque and Walker Art Gallery in Liverpool on Tuesday. They listened to a short presentation about Islam and then had a tour of the mosque. At the gallery, pupils were looking at pieces of art which expressed faith in some way. There are many works of art linked to Christianity in the gallery, and the pupils enjoyed completing a 'treasure hunt' finding artwork and thinking about the Bible stories or expressions of faith they depict.

Staff at the mosque and gallery commented on how well behaved and engaged the pupils were at all times. Thank you and well done to everyone involved in the trip.

Mrs Simpson



Politics News

On **Thursday 4th July**, the nation will be heading to polling stations to cast their vote on who will be the next government from July 5th. Voting, **having your say**, is vital to making sure that we have a healthy, functioning democracy.

During that week Mr Parkin and a selection of his Year 12 Politics students will be holding an assembly for each year group, which will go through a number of activities that will be held, in school, for each year group during the election day itself.

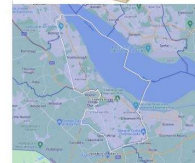
What can students do now?

- Stay up to date with what the parties are suggesting as part of their manifesto's.
- Discuss what the parties are suggesting with family members
- Watch the news, follow the parties on social media.
- Immerse yourself in the election...your future matters!

Vote 2024 The UK General Election

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Who could you vote for in
Ellesmere Port & Bromborough?



On July 4th, you will vote in
the
EPCHS General Election.



Uniform Donations

If you have any uniform items at home that you are willing to donate to school we would be grateful. You can drop them in anytime into Reception. Thank you.



Creative Olympics

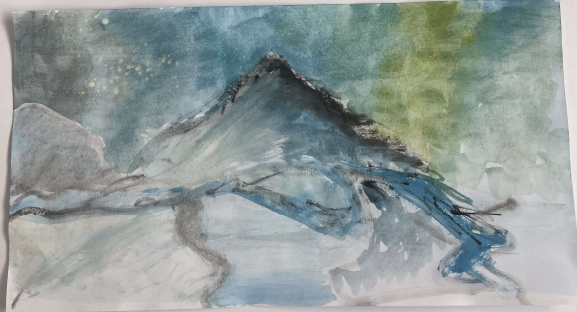
All students will take part in this fantastic event, week commencing 15th July. All details are being shared with students in school.



Art Showcase - Year 7 Arctic expressions

Beautiful shades of blue in final pieces inspired by glaciers and ice caps. We look forward to developing these further with use of textile techniques. Well done Year 7!





Free Breakfast for All

Please remember that we have FREE bagels and cereal from 8am every day in the canteen. We also have many other tasty options to purchase!



Meat Free Fridays!

We are trialling meat free Fridays until the end of term. For now there will be meat free options alongside the usual food offering. We hope you enjoy the variety.

Library News

THIS WEEK IN LITERARY HISTORY:

3rd July, 1883 - Franz Kafka is born.

"Was he an animal if music could captivate him so? It seemed to him that he was being shown the way to the unknown nourishment he had been yearning for."

- The Metamorphosis

LIBRARY NEWS

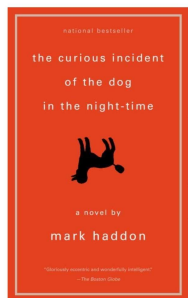
w/b 01.07.24 issue xvi. "Summer's lease hath all too short a date" - William Shakespeare

This Week's Recommended Read:

Title: The Curious Incident of the Dog in the Night-Time
Author: Mark Haddon
Genre: Fiction, Mystery
Pages: 226
Where to find it: EPOCHS Library

"Prime numbers are what is left when you have taken all the patterns away. I think prime numbers are like life. They are very logical but you could never work out the rules, even if you spent all your time thinking about them."

Christopher John Francis Boone knows all the countries of the world and their capitals and every prime number up to 7,057. He relates well to animals but has no understanding of human emotions. He cannot stand to be touched. And he detests the colour yellow.



A REMINDER:

Our Bookmark Competition runs until Friday 12th July.

Pick up a blank bookmark from the library, draw, write, or stick on your design, and hand it back to Ms. Borsberry.

The English and Art departments will vote for the best one, which will be printed over the summer and become our official bookmark for the next academic year.

LIBRARY NEWS

w/b 01.07.24 issue xvi. "Summer's lease hath all too short a date" - William Shakespeare

CHESSE CHESSE CHESSE

Our final Chess Tournament for this academic year starts this week! Lunchtimes in the library. Sign up, compete, or come to show support!



Chaplaincy News



Thank you for everyone who has joined in praying the Rosary for peace at break time. May has now ended but we will continue with our prayers at breaktime if people would like to join us.


Please remember that the trolley in Reception is for food donations for our local community. It would be great if we could fill the trolley over the next few weeks so that our families have enough to eat over the summer break.

10:10 and our Year 7 singers have been practising 'My Lighthouse' to sing at Presentation Evening.

There are lots of exciting events taking place in our local parishes. Please check out the [website. Our Lady Star of the Sea Catholic Church | Roman Catholic Churches of Ellesmere Port and Hootton \(rcchep.co.uk\)](#) Please contact your Parish Priest if you would like more information on the Parish Sacramental programme.

Community News

Join Our Independent Community of Support for Children with Special Educational Needs and Disabilities (SEND)



Parent Carer Forum
Cheshire West & Chester

Dear Parents and Carers,
Are you navigating SEND with your child in Cheshire West & Chester?
We're here to help!


Who We Are:
We're parents and carers supporting children with SEND, united in our mission to ensure every child thrives, regardless of diagnosis.

Our Mission:
Amplify Voices:
Advocating for your child's needs within Education, Health and Social Services.
Partnership:
Collaborating with services to fill support gaps.
Expert Advice:
Providing guidance and resources, no diagnosis needed.
Continuous Improvement:
Working together to enhance services for all children with SEND.

Independence:
Please note We're independent, not affiliated with the council. Which helps us truly represent your lived experiences.

www.pcfcheshirewest.org

Get in Touch:
Tel: 07900840867 Email: contact.pcfcwac@gmail.com
Let's create a supportive environment for all children with SEND!
To book our events or for more info, scan the QR code.....



Ellesmere Port Mental Health Support Team (MHST)

Ellesmere Port Mental Health Support Team (MHST)

Our Summer Parent Workshops!



We are pleased to offer parents a number of short workshops both online and in person across the Summer Holidays!

Each workshop will last approximately 1.5 hours. These workshops are open to all parents in the local area and cover topics around children's mental health & wellbeing, such as *challenging behaviour (intro to parenting for better behaviour)*, *anxiety, sleep and low mood*. You are welcome to join any of these workshops that may be of interest to you!

Please email us to confirm your place on the workshop. If it is an online workshop, you will be sent a link for a Microsoft Teams meeting which will allow you to join.

In-person sessions will take place at **KINGSLEY RESOURCE CENTRE, CORONATION ROAD, ELLESMERE PORT, CH65 9AB**

(Opposite the Fire Station on Wellington Rd, close to Asda & Cherry Bank NHS building)





Workshop Dates 2024

Weds 24th July 09.30am
Introduction to Anxiety ONLINE

Tues 30th July 10am
Introduction to Parenting for Better Behaviour - ONLINE

Fri 2nd August 09.30am
Sleep
Kingsley Resource Centre

Fri 16th August 09.30am
Introduction to Anxiety
Kingsley Resource Centre

Weds 21st August 10am
Low Mood
Kingsley Resource Centre

Weds 28th August 10am
Introduction to Parenting for Better Behaviour - ONLINE

cwp.cheshremhstadmin@nhs.net

Chester Heritage Festival

The Chester Heritage Festival is now on and this year it has some great events especially for children and families. Most of the events are free. To find out more, please visit: www.chesterheritagefestival.co.uk/festival-2024

Chester Heritage Festival

Telling the story of our city and its people
A series of events and activities for all the family

21st - 30th June 2024

Celebrate, explore and immerse yourself in Chester's heritage.

Taking place in a variety of locations across the city and online from 21st - 30th June, you can join us for a jam-packed programme of walks, talks, workshops, performances and more!


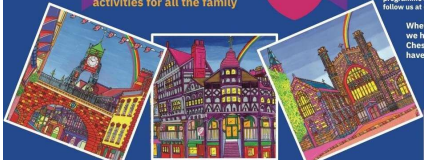
You could kick off your day with Roman Zumba in the Amphitheatre, explore the prestigious Chester Cattedra and take the kids to enjoy crafting sessions or sensory experiences in Chester Cathedral.

Is your child a keen gamer? Don't miss the free computer game designing workshop or the opportunity to explore Roman Chester in Minecraft.

Booking is essential and recommended for many of the events although a vast majority are drop in. Keep up to date with the programme as it grows at chesterheritagefestival.co.uk and follow us at @chesterherfest on all platforms.

Whether resident or visitor, in person or online, we hope you will find something of interest as Chester Heritage Festival tells the stories that have accumulated over two millennia.

chesterheritagefestival.co.uk
@chesterherfest



National Online Safety

A 2023 [report](#) from the Gambling Commission found that 40% of 11-to 17-year-olds had some experience of gambling in the preceding 12 months. That’s a significant number of children and young people involved in an over 18s activity. Engagement and exposure to gambling can impact one’s finances, mental health and wellbeing. It is crucial we are all aware of the risks and know how to protect and support our children.

It is quite challenging to protect our children against exposure to gambling at any time, but especially around major sport events like Euro 2024. This week’s National Online Safety Wake up Wednesday guide tackles the most prominent risks that gambling poses to young people, and explains how best to protect against them.

What Parents & Educators Need to Know about GAMBLING

WHAT ARE THE RISKS?
Gambling can be defined as betting or risking money or something of value on the outcome of a situation involving chance. Under current regulations, gambling is legal for adults in the UK. Its potential impacts on the wellbeing of individuals, families and communities are well documented – emphasising the importance of safeguarding children and young people against these hazards.

MANIPULATIVE ADVERTISING
Adverts for online bookmakers and betting exchanges can raise concerns about targeting vulnerable groups, misleading practices, promoting addictive features, impairing mental health, affecting social norms, using regulatory loopholes, influencing trust and other ethical issues. Effective regulators, responsible advertising practices and good education are essential to mitigate these concerns and address the potential harm associated with exposure to manipulative advertisements.

ADDICTIVE FEATURES
All gambling products carry safety concerns, but some can be even riskier and more addictive. The frequency with which people can place bets can encourage them to do so more often – with faster spins and multiple betting options, for example. Betting on sports events, especially live, adds an in-play betting element. The 24/7 availability of online platforms can also increase the risk of excessive gambling, particularly among young people.

PEER PRESSURE
Exposure to gambling through friends, influencers or social circles can normalise risk behaviour and increase unrealistic expectations about the chances of winning. Influencers and online influencers promote services, responsible advertising practices and effective education on the subject to minimise the impact on children and young people.

IMPACT ON MENTAL HEALTH
Gambling can exacerbate mental health issues such as anxiety, depression, and stress. A history of financial loss, individuals with existing mental health conditions may use gambling as a coping mechanism. Bad luck cycles in gambling can worsen their symptoms, leading to deteriorating mental health. Treatment options are crucial to address these mental health challenges effectively.

GATEWAY BEHAVIOURS
Certain features of other products – such as video games and other in-game purchases – can lead to gambling among young people. These mechanics can normalise designs to exploit psychological vulnerabilities, encouraging repeated spending to secure virtual items or advantages. Such practices can normalise the associated risk and desensitise young people to putting their or their family's money in danger.

FINANCIAL DIFFICULTIES
The most common impacts of online betting come in the form of financial losses and debts. This, in turn, can lead to distressed perceptions of money, diminished educational and career prospects, and poor academic and career outcomes. Regular gambling can even normalise other risky behaviours by making it seem less significant – potentially leading to a cycle of health impacts and financial loss.

Advice for Parents & Educators

ENCOURAGE OPEN DISCUSSIONS
Sporting events can be a good opening for conversations about gambling, as some opportunities exist to engage and even participate in with children and young people. Promotions make them feel and encourage frequent conversations about any concerns they may have. Adults, influencers and online platforms over state before gambling products. As a child grows, it's important to encourage their critical thinking skills to help them become empowered to resist peer marketing.

MONITOR SPENDING
In-game purchases can be appealing to children, allowing them to unlock new features or expedite items in a faster time frame to avoid being too slow than they're playing. Talk to children about how they spend money online, on interest in what kids. Some third party apps encourage the conversation. Consider setting up restrictions on their devices, requiring their parent or carer's permission before making any purchases. Talk about finances regularly and openly.

KNOW THE WARNING SIGNS
Parents and educators should be vigilant for signs of gambling harm among young people. Look for changes in their behaviour such as increased anxiety, unexplained money issues, mood swings or withdrawal from their usual activities. Open conversations about gambling risks and resources to support them are a good environment. Try to familiarise yourself with resources and helplines for assistance and guidance.

GET FURTHER SUPPORT
Support and treatment for young people is available via the Young People's Support Helpline or Gamblers Anonymous. You can be contacted at 0800 529 529. If you're worried about a child's gambling behaviour or their financial situation, you're encouraged to reach out for help if you're concerned about a child's gambling behaviour or their financial situation.

Meet Our Expert
Ygam's mission is to protect children and young people from harmful gambling and gambling harm through education, raising, education, and research. The charity was established in 2014 as a result of the lived experience of its founders.

Wake Up Wednesday
The National College

Source: See full references in the guide at [https://www.themnationalcollege.com/youngpeople](#)

@wake_up_weds | www.themnationalcollege | @wake.up.wednesday | @wake.up.weds

Copy of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 26.06.2024

Term Dates 2023-24

Autumn 2023	Spring 2024	Summer 2024
INSET: Monday 4th September Tuesday 5 th September - Friday 27 th October	Monday 8 th January - Friday 16 th February	Monday 15 th April BANK HOLIDAY: Mon 6th May Friday 24 th May
HALF-TERM Monday 30 th October - Friday 3 rd November	HALF-TERM Monday 19 th February - Friday 23 rd February	HALF-TERM Monday 27 th May - Friday 31 st May
Monday 6 th November Thursday 21 st December INSET: Friday 24th November	Monday 26 th February -Thursday 28 th March	Monday 3 rd June - Friday 19 th July INSET: Monday 22nd July - Wednesday 24th July
CHRISTMAS HOLIDAY Friday 22 nd December - Friday 5 th January 2024	EASTER HOLIDAY Friday 29 th March - Friday 12 th April (includes Easter Bank Holidays)	SUMMER HOLIDAY Monday 22 nd July - Friday 30 th August
Return to School : Tuesday 3rd September 2024		

Term Dates 2024-25

Autumn 2024	Spring 2025	Summer 2025
INSET: Monday 2nd September Tuesday 3 rd September - Friday 25 th October	Monday 6 th January - Friday 14 th February	Tuesday 22 nd April BANK HOLIDAY: Mon 5th May Friday 23 rd May
HALF-TERM Monday 28 th October - Monday 4 th November	HALF-TERM Monday 17 th February - Friday 21 st February	HALF-TERM Monday 26 th May - Friday 30 th May
Tuesday 5 th November Friday 20 th December INSET: Monday 4th November Friday 29 th November	Monday 24 th February -Friday 4 th April	Monday 2 nd June - Friday 18 th July INSET: Monday 21st July - Tuesday 22nd July
CHRISTMAS HOLIDAY Monday 23 rd December - Friday 3 rd January 2024	EASTER HOLIDAY Monday 7 th April - Monday 21 st April (includes Easter Bank Holidays)	SUMMER HOLIDAY Monday 21 st July - Friday 29 th August
Return to School : Tuesday 2nd September 2025		

Contact us

- Capenhurst Lane, Whitby, Ellesmere Port CH65 7AQ
- 0151 355 2373
- admin@epchs.co.uk
- Monday – Friday: 8:00 AM – 04:00PM

