THE EPCHS BEACON

20-11-26

The weekly round up of school life



READY - RESPECTFUL - SAFE - KIND

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

HEADTEACHER MESSAGE



Dear Parents and Carers

It has been another busy and productive week in school, with many opportunities for our pupils to learn, grow and prepare for their future pathways.

It was wonderful to welcome so many parents, carers and pupils to our Year 11 Consultation Evening on Thursday. The evening provided an excellent opportunity to discuss current progress, reflect on preparations for the upcoming PPE examinations and consider the next steps needed to ensure every student is able to achieve their full potential. Thank you to all families who attended and for the continued support you provide our young people during this important stage of their education.

I would also like to remind parents and carers that members of the Cheshire West and Chester Mental Health Team will be present at every parents' evening this year. They are available to offer advice, support and guidance regarding any concerns around mental health and wellbeing, and I would encourage families to make use of this valuable resource if needed.

Many of our pupils also enjoyed an exciting Mathematics trip to Disneyland Paris this week, where they explored how mathematical concepts are applied in real-world contexts. As always, we were incredibly proud of how our students engaged with the activities and represented the school throughout the visit.

Our Sixth Form students have been involved in a number of exciting events this week to support their next steps through careers education, information, advice and guidance. Year 12 students enjoyed a visit to Anfield in Liverpool for the North West Universities and Apprenticeships Careers Fair, where they had the opportunity to speak with representatives from universities across the country, as well as apprenticeship providers and employers. Meanwhile, our Year 13 students benefited from a careers-focused session delivered by staff from The Pledge and Bank of America as part of their Personal Development programme. These experiences are invaluable in helping our students make informed decisions about their futures and explore the wide range of opportunities available to them beyond school.

It has also been another busy week of sporting fixtures, with pupils participating in both badminton and netball competitions. Well done to all those involved for their commitment, teamwork and enthusiasm.

Finally, a reminder that Friday 27th November is an INSET Day and the school will be closed to pupils.

Thank you, as always, for your continued support. I hope you all enjoy a restful weekend.

Warmest wishes,

Lorraine Henderson - Headteacher

Tim Beesley - Executive Headteacher

Care for creation





Important Dates

- 27th November – INSET day
- 30th November – 11th December – Year 11 and 13 PPEs ('Mock' exams)
- 2nd – 4th December – Year 10 – Savio House Retreat
- 10th December – Year 9 – Parents Evening
- 15th December – Year 12/13 – Christmas rewards trip
- 15th December – Year 11 – 6th Form Taster Day
- 16th December – Year 11 History Trip (Quarry Bank Mill)
- 16th and 17th December – Christmas Pantomime
- 18th December – Last day of term
- Monday 4th January – Spring term starts

MATHS

at Disneyland Paris

26

What a magical trip!







Students took part in an inspiring maths seminar, exploring how maths is applied in a theme park context. Immersive in-park activities including currency conversion, calculating capacities, speed, Theme Park Finance, roller coaster equations, potential and kinetic energy and data collection. They showed great enthusiasm, asked thoughtful questions, and fully embraced the opportunity to learn beyond the classroom.

The rest of the time was packed with problem-solving, teamwork, and plenty of opportunities to make memories!

We're incredibly proud of how well our students represented the school throughout the trip.


FROZEN






1
WORLD · PREMIERE

ELLESMERE PORT CATHOLIC HIGH SCHOOL

'I have come so that they may have life and have it to the full' John 10.10

ATTENDANCE MATTERS

BE HERE | BE INVOLVED | BE YOUR BEST

0 days off school	100%	Perfection
Equates to 2 days off school each year	99%	Excellent
Equates to 5 days off school each year	97%	Good
Equates to 10 days off school each year	95%	Slight Concern
Equates to 20 days off school each year	90%	Concerned
Equates to 30 days off school each year	85%	Very Concerned

97% – 100%

Good chance of success and progress.



ATTEND TODAY
ACHIEVE TOMORROW

90% – 96%

Less chance of success. Harder to make progress.



IMPROVE TODAY
BRIGHTER TOMORROWS

Below 90%

Detrimental to success and progress.



EVERY DAY COUNTS
MAKE A DIFFERENCE

VERITAS ET SAPIENTIA

TRUTH AND WISDOM

EPCHS

TOY APPEAL

This Christmas, let's spread joy and make a difference!

Donate **new** or **good condition**:

- Toys
- Toiletries
- Smelly gift Sets
- Selection Boxes

for any child who needs support!



Toys will be going to **Alder Hay Hospital** for the children at Christmas

Drop off your donations at **Sixth Form Study**

Let's come together this Christmas to bring smiles to those in need ♡

District

BADMINTON COMPETITION!

A huge well done to all the students who proudly represented the school at the Ellesmere Port District Badminton Competition last week



We took four teams to Neston, who kindly hosted the tournament, for a fantastic day of competition. Our students showed great determination, sportsmanship and teamwork while taking on strong opposition from schools across the district.

A special congratulations to our KS4 Girls' team, who put in an excellent performance to finish in 2nd place!

?

Well done to everyone involved – you did the school proud!

Netball

TOURNAMENT SUCCESS

On Thursday evening, a team of Year 7 and a team of Year 8 students travelled to Bishop's High School to compete in a mini netball tournament against Bishop's High School and Abbey Gate College.

All of the girls represented the school brilliantly, showing excellent teamwork, determination and sportsmanship throughout the evening. The Year 8 team secured two impressive victories and played some fantastic netball. The Year 7 team also performed brilliantly, showing great resilience and confidence while continuing to develop and improve week by week.

It was lovely to watch the girls compete and take part in another valuable sporting opportunity. They should all be very proud of the way they represented the school. Well done to everyone involved!









Employability *Workshop*



On Monday, our Year 13 students took part in an invaluable employability workshop with James from The Pledge and Catherine from Bank of America, a proud former EPCHS student.

Students explored the key elements of creating a strong CV and learned why it is such an important tool when applying for jobs, apprenticeships and university places.

The session forms part of a wider programme designed to equip our students with the knowledge, skills and confidence they need ahead of attending a Mock Assessment Centre in the New Year. A huge thank you to James and Catherine for sharing their expertise and helping to prepare our students for their next steps.



UK University

and Apprenticeship Fair

Last week Year 12 attended the annual UK University and Apprenticeship fair held at Anfield Football stadium. Students had the opportunity to speak with various different universities and apprenticeship providers about the courses they offer and what facilities they have. There were various different seminars to attend -from personal statements, choosing a course and Russell group universities.

Our students embraced the fair with enthusiasm and gathered a wealth of valuable information to help them with their future choices along with lots of free pens and the infamous 'Chip Spice' from Hull University.









CHAPLAINCY *news*

Gospel of the Week

This week's Gospel is Luke 23:35-43. The Gospel of Luke this week tells us of the crucifixion of Jesus. Above his cross were the letters INRI, which stands for Jesus of Nazareth, King of the Jews. A reminder that Jesus is not the type of king that we would imagine but he is our King.

Feast Day of the Week
23rd November- Christ the King

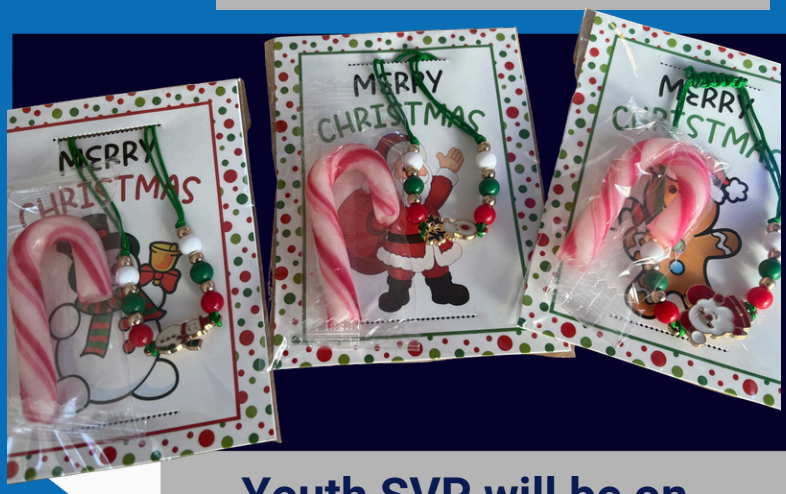


ROSARY IS SAID EACH BREAKTIME IN B11. PLEASE MAKE A SPECIAL EFFORT TO COME ALONG.

Singing group will be in B11 on a Tuesday lunchtime. We have been invited back to Hollymere so we are now starting on our Christmas songs.

INVITATION TO MASS

We will be going to Mass at church every Monday lunchtime, so please see Angela for a letter.



Youth SVP will be on during lunchtimes on Thursday in B11. They have Christmas bracelets for sale for £1.

COMMUNITY

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.

Each Friday we will have a Chapel sweet sale on the yard by Mr Patel's room to fundraise.

Cheshire Mental Health Support Teams in Schools & Colleges

NHS
Cheshire and Wirral Partnership
NHS Foundation Trust



How we support children, young people, caregivers and schools & colleges

- Early mental health support for children and young people
- Help with anxiety, low mood, worries and emotional wellbeing
- Advice and support for parents and carers
- Working with schools to promote positive wellbeing
- Connecting families with specialist services when needed

We'll be at parents' evening!

Come along and have a chat with us to find out more about the support we offer.



mymind.org.uk

MHST will be at all Parents Evenings, no need to book

Ellesmere Port Catholic High School

Presence, Progress and Participation

Winter Ready...

As we head into the winter months, please make sure you are prepared for the colder weather when coming to school.



A warm, waterproof coat is recommended.



No hot water bottles or blankets at school.



If you are riding a bike, high visibility clothing, lights and a helmet are strongly recommended.



Be prepared, stay safe and help us all enjoy a happy and healthy school!

Extra CURRICULAR



KEYBOARD PRACTISE CLUB

Monday lunch in M8



Ellesmere Port Catholic High School

HEAD OF YEAR HEROES

Congratulations to all of our Head of Year Heroes this week!

We are celebrating for reasons such as:

✅ Contribution to Catholic Life through participation in Celebration of the Word
✅ Helping at Year 11 parents evening
✅ Act of Kindness towards a peer

We are incredibly proud of your hard work, dedication and achievements. Keep up the fantastic work!










COMMUNITY



NEWS

for your information

Click here for more information - ADHD & SEND training for parent carers

ADDvanced Solutions
Community Network
Supporting you to find the answers

ADHD & SEND training for parent carers

Evening Sessions

Working all day and want to learn how to support your child?

These three webinars run 6.00pm to 8.30pm, so you can join once the working day is over, from the comfort of your own home.

Dates:

Tuesday 24 November:
An Introduction to ADHD

Tuesday 8 December:
Supporting Executive Function

Monday 11 January:
Sensory processing

Come along to one or all three. They're completely free for parent carers in Cheshire West & Chester.

Who are ADDvanced Solutions?

ADDvanced Solutions Community Network is a community interest company that supports the emotional health and wellbeing of neurodivergent children and young people, their families and the professionals who work with them. They offer learning opportunities on conditions like autism and ADHD, with practical strategies you can use at home. We're delighted to be partnering with them to bring this training to our families.

CHESHIRE PHOENIX JUNIORS

THIS GIRL CAN®

THIS GIRL CAN.

THIS GIRL HOOPS.



FREE GIRLS-ONLY BASKETBALL

COMMUNITY SESSIONS

EVERY **SUNDAY**

10:00 – 11:00AM

ELLESMERE PORT SPORTS VILLAGE

YEAR 3 to U19

NO FEES.
NO PRESSURE.
NO JUDGEMENT.

MAKE FRIENDS.
BUILD CONFIDENCE.
HAVE FUN.

ALL ABILITIES WELCOME.
NO EXPERIENCE NEEDED.

PLAY | DEVELOP | BELONG

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about

DOXING

WHAT ARE THE RISKS?

Doxing, or 'doxxing' (short for 'dropping documents'), is when someone's personal information is shared without their consent. This could include their phone number, home address, place of work or study, or sensitive information about their family, health, or other private matters. According to Ofcom, 5% of UK 13- to 17-year-olds say they've seen or experienced doxing online. It's often a malicious act and, depending on the circumstances, may be a crime.

REPEAT OR MULTIPLE ATTACKS

Doxing is rarely a one-off incident. Information may be shared across multiple sites or groups, meaning an instance of doxing can escalate quickly. Some victims experience targeted, coordinated campaigns instigated by several people at once, which can feel overwhelming. Even when the information is successfully removed from online platforms, it may reappear on different accounts or sites, making it difficult to escape repeated harassment.

CAMPAIGNS OF CONTROL

Doxing, or the threat of it, can be used to manipulate and control victims. It's a known tactic used by cybercriminals to exploit young people online and can also be used to punish or control victims of domestic abuse. Blackmail, threats, harassment, stalking, and coercive control can constitute criminal offences, so incidents may need to be reported to the police.

MENTAL HEALTH IMPACTS

Doxing is linked to mental health risks, including stress, depression, and anxiety. Having sensitive personal information exposed online can feel violating, leaving victims feeling powerless. Doxing can also be seen as an 'invitation' for others to harass or 'pile on' to a target, making them feel increasingly vulnerable. Victims may need support and safe spaces to discuss the impact of a doxing campaign on their wellbeing.

UNEQUAL IMPACTS

Doxing can disproportionately affect those who are already marginalised, including women and girls, racially minoritised groups, LGBTQ+ people, those with disabilities or health conditions, and people from lower socioeconomic backgrounds. While anyone can be a victim, research shows that women are more likely to experience image-based or sexualised harassment and online 'mobbing' alongside doxing. One study found that 10% of young women aged 16 to 24 reported being doxed.

OFFLINE RISKS

When doxing reveals someone's location or address, it can put them at risk of offline harm or harassment. Victims may face vandalism, unwanted contact from strangers, being recorded or followed, or receiving items they did not ask for. Others living with them, such as family members, may also be at risk. Limiting the personal information available online can help reduce exposure, while harassment can be reported to the police.

CRIMINAL CONSEQUENCES

There are risks for those who take part in doxing, too. Under UK law, teenagers have been prosecuted for targeting other young people online. 'Swatting', which involves making false emergency reports to trigger an armed police response, is also linked to doxing and can be a criminal offence. Hacking into others' online accounts is illegal, too. Young people need to understand what constitutes a crime online and where to seek advice.

Advice for Parents & Educators

KNOW THE LAW

Doxing sometimes overlaps with criminal offences, including hacking, harassment, stalking, threats, coercive control, exploitation, blackmail, and image-based abuse. Depending on the circumstances, some victims may also have grounds to bring legal action against the misuse of their private information. Make sure that young people understand the potential legal consequences, both as victims and perpetrators, and contact the police about any suspected criminal activity.

ACT SWIFTLY

If a child or young person has experienced doxing, take it seriously and act quickly. Keep a record of the posts and accounts involved, report the doxing content to the platform, and consider whether temporarily limiting account activity could help. Seek advice from online safety organisations such as Internet Matters or CEOP and report any criminal activity to the police. In educational settings, follow safeguarding procedures. Signpost young people to Childline or The Mix for confidential support.

EXPLORE PRIVACY SETTINGS

Talk through the various digital privacy and security settings available online with young people. Show them how to make their accounts private, limit who can see their posts or contact them, and manage any location sharing settings. Encourage them to review these settings regularly, particularly when joining new platforms, to help them stay in control of their personal information and reduce the risk of being doxed.

TALK INFORMATION SECURITY

Doxing becomes easier when a person's information security is weaker. Ask young people what might be unsafe or compromise their privacy when posting content publicly online. Parents and educators should likewise be cautious about what they share and should try to model good cybersecurity habits, such as updating their passwords and using two-factor authentication.

Meet Our Expert

Dr. Holly Powell-Jones is the founder of Online Media Law UK and a leading UK expert in media law, online safety and young people. Her PhD investigates youth understandings of criminal and legal risks in a digital context. She works in schools to provide award-winning education on the criminal, legal, and ethical considerations of rapidly advancing technologies.



#WakeUpWednesday®

The National College®

See full reference list on our website

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 18.11.2026

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about GRAND THEFT AUTO VI

Grand Theft Auto 6 (also stylised as GTA VI) has been one of the most highly anticipated games of this generation, following GTA V, one of the best-selling video games of all time. Set in the fictional state of Leonida, including Vice City, it follows criminal partners Jason and Lucia as they become embroiled in a wider conspiracy. Although GTA VI is intended for adult audiences, its enormous popularity means that younger people may still encounter gameplay footage online or express an interest in playing it.

AGE RESTRICTION PEGI 18

WHAT ARE THE RISKS?

EXTREMELY VIOLENT CONTENT

GTA VI is rated PEGI 18 for a reason. Players may encounter weapons like guns, knives and explosives, with violence portrayed in highly realistic ways. As in previous GTA games, players may also encounter violence involving vehicles and other characters. The game is categorically not for younger audiences, with blood, gore, and intense violence clearly identified in its official content

SENSITIVE SOCIETAL TOPICS

Like other games in the Grand Theft Auto franchise, GTA VI uses satire to explore aspects of society and contemporary culture. Its exaggerated characters and situations are fictional and may be intended to challenge or mock particular attitudes rather than endorse them. Younger viewers, however, may struggle to recognise this context and could misunderstand jokes, stereotypes, or social commentary without guidance from a trusted adult.

TALKING TO STRANGERS ONLINE

GTA Online, the multiplayer experience associated with GTA V, allows players to communicate with others online. GTA VI has been announced as a single-player experience at launch, so the same in-game chat risks should not yet be assumed. Children may still discuss the game through other online platforms potentially encountering strangers, inappropriate language and adult themes.

DRUG AND ALCOHOL USE

Throughout GTA VI's storyline, drugs and alcohol form part of the game's criminal world. The official content rating identifies the use of both, while Rockstar's character descriptions reference drug runners and dealers. Earlier titles also showed substance use affecting how characters see and move around the world. Younger viewers may struggle to understand these portrayals in the context of a fictional crime story, particularly without guidance from a trusted adult.

NUDITY AND SEX

Relationships and sexual themes feature in GTA VI, while previous GTA titles have allowed players to visit strip clubs and solicit sex workers. It should also be recognised that GTA VI's graphics aim to be realistic, meaning depictions of nudity and sexual content may be explicit. Official ratings confirm nudity and strong sexual content, although details of specific scenes should not be assumed from earlier games.

OPTIONAL IN-GAME PURCHASES

As with its predecessor, GTA VI includes optional in-game purchases that use real-world money. While these purchases are not necessary to play the game, the appeal of additional content may encourage some players to spend more. Younger players may not fully appreciate the cost or how quickly small payments add up.

Advice for Parents & Educators

PARENTAL CONTROLS

Parental controls can block age-restricted games, but they won't remove GTA VI's adult themes from elsewhere online. On PS5, go to Settings > Family and Parental Controls > Family Management, select the child and choose your restrictions. On Xbox Series X|S, use Settings > Account > Family settings, or the Xbox Family Settings app, to manage age restrictions and screen time.

LIMIT ACCESS TO BANK DETAILS

Limiting access to banking details helps prevent accidental or unauthorised purchases. Avoid storing payment details on a child's account and require approval before spending. On PS5, parents and carers can set a monthly spending limit through Family Management. On Xbox Series X|S, the Ask to Buy feature can request adult approval for purchases, helping children and young people understand their real-world cost.

COMMUNICATION RESTRICTIONS

On PS5 and Xbox Series X|S, parental controls can restrict voice chat, messages, friend requests, and communication with other players. Parents and carers can limit interactions to approved friends or prevent communication altogether, depending on the available settings. These restrictions are especially helpful for reducing children's exposure to strangers, inappropriate language and adult themes through console chats or other multiplayer games.

MAKE THIS A CONVERSATION

Even if a child is not playing GTA VI, they may still watch gameplay clips, livestreams or trailers shared by friends and content creators. It's important to talk openly with children about why GTA VI has an adult age rating and discuss its violence, crime, strong language, sexual themes, satirical lens, and other mature content. Ask what interests them about the game and what they already know. Talk about the difference between fictional behaviour and real-world consequences.

Meet Our Expert

Mark Foster has worked in the gaming industry for 12+ years as a journalist, editor and social media expert. He's travelled the world playing video games and working with publishers and developers to fine tune their audience messaging. When he's not gaming, he can be found watching horror and sci-fi movies, TV series, listening to music or deciding which world marathon to plod around.



#WakeUpWednesday®

The National College®

See full reference list on our website

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 19.11.2026

Hope 4U

FOR A BRIGHTER FUTURE

Struggling with energy bills?



Rising energy costs making things difficult?
You're not alone.

- Maximising income
- Debt advice support
- Crisis & Resilience support
- Energy & LCT Advice
- Priority service registration

On average we find customers

£3,000

in extra financial support each year

Free & Confidential

Unsure if we can help?
It's worth a quick call to find out!

0330 320 2146

support@hope4u.co.uk

www.hope4u.co.uk

SCAN ME

Energise

by Endorphins

Group based sessions for children and young people with special educational needs and disabilities.







Join the Energise family today!

Enjoy a range of fun & inclusive activities and games for children and young people with SEND. Our sessions take place throughout the UK on Saturdays, during school holidays and after school.

Scan the QR code below to find a session close to you.

If you would like to find out more or to book a space, please contact us:
E: bookings@endorphins.uk
T: 0330 1332642

SCAN ME:

Pride in Place funding survey

I am writing to share an important local initiative regarding the Pride in Place funding. This scheme provides £20 million over 10 years to spend on our local town centre to improve facilities and public spaces.

If you live in Ellesmere Port, we would love to hear your views and ideas on how best to invest this funding to make a lasting, positive impact for our families and community.

Please can you fill in this short survey to have your views heard.

Click here for survey

Best regards,

Farhan Patel

wysa
Use Wysa, Feel Better

NHS
Cheshire and Wirral Partnership
NHS Foundation Trust

Exams test your knowledge. Stress tests your mind.

Big exams? Big pressure? You don't have to deal with it alone.

Exams can feel like everything. Constant revision, pressure to get good grades, teachers checking in, parents asking how it's going... all while you're trying to have a life outside school. If you're stressed, losing sleep, struggling to focus, or just feeling low about it all, that doesn't mean you're failing. It just means you're human.

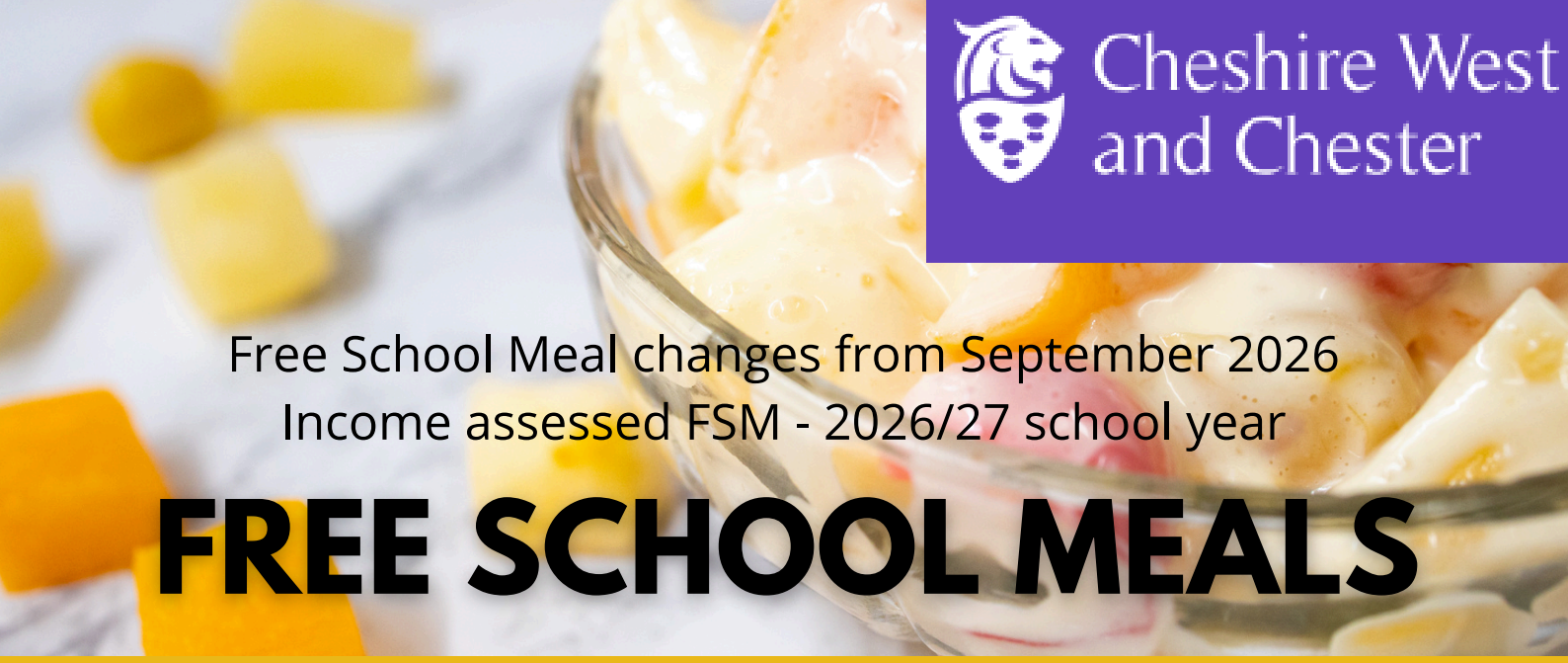
Wysa is a free, confidential app for young people aged 16-17 to chat anytime (yes, even late at night), get tools for exam stress, and much more. No sign-ups, no awkward conversations, just a safe space to sort out what's going on in your head.

Looking after your mental health won't replace revision. But it will make it easier to get through it.

Here's how Wysa can help

- 24/7 support from an empathetic AI chatbot trained in evidence-based techniques
- A library of science-backed self help tools for stress, sleep, motivation, and more
- AI-detected crisis escalation pathways gently guide users toward immediate support options
- Daily check-ins to help build mental fitness, and a personal roadmap tailored to your wellbeing goals





Cheshire West and Chester

Free School Meal changes from September 2026
Income assessed FSM - 2026/27 school year

FREE SCHOOL MEALS

As you will be aware, Central Government has changed rules regarding Free School Meal (FSM) eligibility effective from September 2026.

Since 1 April 2018, all existing FSM claimants have continued to receive free school meals whilst Universal Credit is rolled out, regardless of any change in household circumstances that would have normally ended eligibility. However, this protection will end at the close of the 2025/26 school year, and households must meet the new eligibility criteria for FSM to continue receiving this support.

From the start of the 2026/27 school year, all children from households in receipt of Universal Credit will be entitled to receive FSM. However, there will be 2 categories of Universal Credit based FSM :
Targeted FSM: which continues to be based on the existing threshold, covering pupils who are in households in receipt of Universal Credit with annual household earnings of £7,400 or less
Expanded FSM: a new category covering pupils who do not qualify for targeted FSM, but who are in households receiving Universal Credit with annual household earnings above £7,400.

Cheshire West and Chester Council have completed checks over most existing FSM households to determine their eligibility and which category they may fall into. Each of these households will receive a letter informing them of the outcome of this check (or inviting them to reapply if their details could not be checked).

If you receive Universal Credit and do not currently qualify for FSM due to earning over the threshold of £7,400, but would now qualify from September 2026, you can now apply in advance

To apply for free school meals please follow the link

https://www.cheshirewestandchester.gov.uk/residents/education-and-learning/free-school-meals

Immediate help and support for young people

If young people are in need of immediate support please sign post, or help to access the following:

List of services: Home Page - Directory of What Works

Further services:

Koala North-West – Provides early-help family support, similar to a family intervention worker. Families can access this service without a referral to Children's Social Care. Support is offered to families with young children.

School Nurse – Attends once a month and can support pupils with self-harm, exam stress, emotional health, low mood, healthy relationships, anxiety, body image, and issues relating to social media.

Cheshire Young Carers – A referral can be made if a child has additional responsibilities at home that are impacting their wellbeing or attendance at school.

Headspace is an easy-to-use app that helps make meditation and mindfulness simple. By spending just a few minutes a day on the app, users can learn practical skills to support their wellbeing. Headspace offers hundreds of guided meditations covering topics such as stress, anxiety, sleep, and focus.

Calm is an app that supports people experiencing stress and anxiety through guided meditations, sleep stories, breathing programmes, and relaxing music.

MindShift is designed specifically for teenagers and young people, offering tools and strategies to help manage anxiety.

Bereavement-specific bank of resources:

Traumatic Bereavement - UK Trauma Council

Home SUPPORTING BEREAVED CHILDREN & YOUNG PEOPLE - Grief Encounter

Hope Again

About us - Amparo (suicide specific support)

Family members in prison:

Banardo's offer support for children and young people regarding family imprisonment: Barnardo's | Children's charity | Barnardo's

PSS offer support for anyone who has a relative in prison or in the past: While their parent is in prison in Merseyside (Prisoners' Families) | PSS

Post-16 help and support:

https://www.talkingtherapies.cwp.nhs.uk/self-refer

They offer self-referral to people aged 16 and over, registered with a GP in Central, South and West Cheshire.

The service exclusively offers evidence-based, short-term talking therapies designed to help with common mental health concerns, such as:

Low Mood
Anxiety or worry
Stress
Depression

TERM DATES

Ellesmere Port Catholic High School

Term Dates 2026-27

Autumn Term 2026	
Inset Day	Tuesday1st September 2026
School Opens	Wednesday 2nd September 2026
School Closes	Friday 23rd October 2026
Half Term	
School Opens	Monday 2nd November 2026
Inset Day	Friday 27th November 2026
School Closes	Friday 18th December 2026
Christmas Holiday	
Monday 21st December – Friday 1st January 2027	

Spring Term 2027	
School Opens	Monday4th January 2027
School Closes	Friday 12th February 2027
Half Term	
School Opens	Monday 22nd February 2027
School Closes	Thursday 25th March 2027
Easter Holiday	
Friday 26th March (Bank Holiday) – Friday 9th April	

Summer Term 2027	
School Opens	Monday 12th April 2027
Bank Holiday	Monday 3rd May 2027
School Closes	Friday 28th May 2027
Half Term	
School Opens	Monday7th June 2027
School Closes	Friday16th July 2027
Summer Holiday	
Monday 19th July – Tuesday 31st August	

Inset Days: Monday 19th July - Wednesday 21st July

Ellesmere Port Catholic High School

Term Dates 2027-28

Autumn Term 2027	
Inset Day	Wednesday 1st September 2027
School Opens	Thursday 2nd September 2027
School Closes	Friday 22nd October 2027
Half Term	
School Opens	Monday 1st November 2027
Inset Day	Friday 26th November 2027
School Closes	Friday 17th December 2027
Christmas Holiday **Monday 20th December – Monday 3rd January (Bank Holiday)**	

Spring Term 2028	
School Opens	Tuesday 4th January 2028
School Closes	Friday 11th February 2028
Half Term	
School Opens	Monday 21st February 2028
School Closes	Friday 31st March 2028
Easter Holiday **Monday 3rd April – Monday 17th April (Bank Holiday)**	

Summer Term 2028	
School Opens	Tuesday 18th April 2028
Bank Holiday	Monday 1st May 2028
School Closes	Friday 26th May 2028
Half Term	
School Opens	Monday 5th June 2028
School Closes	Tuesday 18th July 2028
Summer Holiday: Wednesday 19th July – Monday 4th September **Staff Inset: Wednesday 19th July – Friday 21st July**	

CONTACT US

Ellesmere Port Catholic High School, Capenhurst Lane, Whitby, Ellesmere Port CH65 7AQ

0151 355 2373

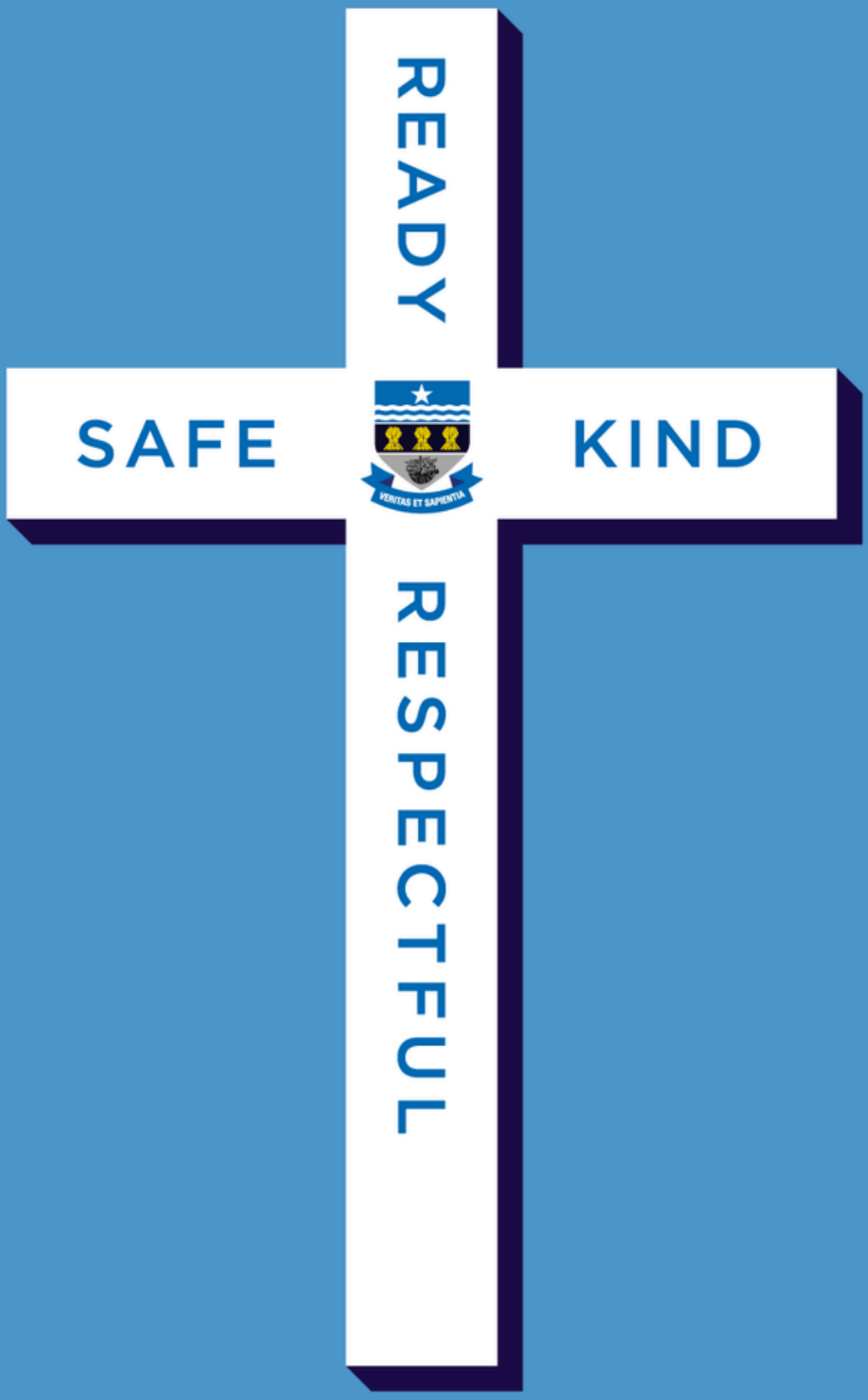
admin@epchs.co.uk

Monday – Thursday: 8:00 AM – 3.30PM

Friday: 8:00 AM – 3.15PM



Our Lady Help of Christians
Catholic Academy Trust



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