



St. Julie's Catholic High School

Weekly Newsletter

Week Beginning 1st February 2021

Forthcoming Dates for your Diary

All events scheduled in the academic calendar for January and February are currently under review for rescheduling.

1st to 5th February
Children's Mental Health Week

11th February
Year 11 Parents Evening (Virtual Event)



Year 9 Artworks gets an Extra Dimension

Year 9 Art students have entered a new dimension in their latest work, creating 3d insect models. As well as creative artistic expression, the work contains a fascinating range of materials and construction methodologies. Well done to Olivia, Macie, Emma, Annabel, Lulu, Grace, Kara, Tess, India, Emi, Madelaine, Elleigh-Mae, Jasmine, Cai, Charlotte, Evie, Antonella, Libby, Oliwia, Emily and Alexandra for their excellent work! [Check out the gallery.](#)

During remote learning our Chaplaincy is offering resources a daily reflection.

Find out more at the [Chaplaincy Website](#)



Children's Mental Health Week

During the week of the 1st – 7th Feb it is Children's Mental Health Week. The theme of this year's Children's Mental Health Week is **Express Yourself**. Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. During the week there is a [timetable of different activities for you to get involved in.](#)



Episode Three - It's a Must See!

[Episode three of The Julie Show](#) is now live! We've got a special themed episode this week focussing on Children's Mental Health Week, so if you've got a smart TV why not sit back and enjoy it on the big screen!

Your list of contacts at St. Julie's

You can click any of the hyperlinked names below to send an email.

Progress Leaders

Year 7: [Mrs L Rainey Barwise](#)
Year 8: [Mrs C Mason](#)
Year 9: [Miss C Corrigan](#)
Year 10: [Mrs C Maguire](#)
Year 11: [Mrs K Monks](#)
Sixth Form: [Miss R Kelly](#)

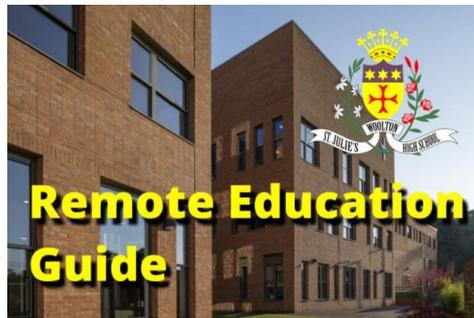
SENCO: [Mrs G Dooley](#)

Curriculum Leaders

English: [Mrs M Bridges](#)
Maths: [Mrs L Gee](#)
Science: [Dr O McGinn](#)
RE: [Miss T Hyland](#)
MFL: [Ms H Mathison](#)
Humanities: [Mrs L Bashford](#)
Performing Arts (including PE): [Mrs J Walls](#)
Technology (including Health and Social Care): [Mrs A Bell](#)
ICT and Social Sciences (including Sociology, Psychology and Business Studies): [Mrs D Duffy](#)

Why not visit our Websites?

[St. Julie's Main Website](#)
[Chaplaincy Website](#)



Remote Education Guide

For your convenience we've consolidated several pieces of remote education guidance into a single document, a copy of which is [available here](#).

Remote Learning Programme

Following the recent remote learning survey and government announcement on Wednesday 27 January, we will be increasing the allocation of live lessons each day. All students will continue to receive their full school timetable via the VLE and other online platforms. Alongside this, they will receive a minimum of three live lessons and three non-live lessons each day until school reopens. Your daughter will be invited to attend lessons via MS Teams. The feedback we received was overwhelmingly positive and we appreciate everything you are doing at home to support your daughter's learning.



Letter from Director of Children's Services

Please [click here](#) for a letter from Liverpool City Council's Directors of Children's Services and Public Health that we have been asked to circulate to all parents and carers.



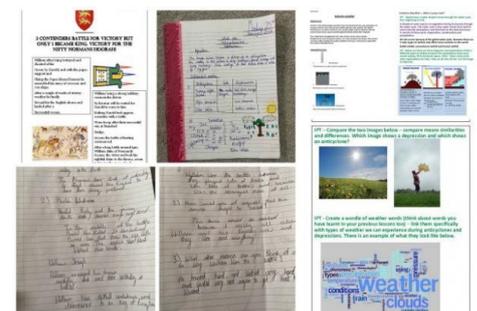
Three, Two, One...Action!

St Julie's Performing Arts students are about to take to the screen in an exciting new project. Working in partnership with Merseyside Youth Association and First Take Film Productions, students are going to explore the themes of 'Education' and 'ACEs' and see how they have been affected by Covid 19. Their films will be used as an educational tool in allowing young people's voices to be heard. We look forward to sharing our students' films with you very soon.



Adaptive Movement

This week Year 9 have been exploring how to perform only using certain parts of their body and how they might overcome not being able to rely on the use of certain body parts when dancing. This forms part of their learning in GCSE Dance and the professional works. Please [take a look at this great example](#) from Josie.



Your list of contacts at St. Julie's

You can click any of the hyperlinked names below to send an email.

Progress Leaders

Year 7: [Mrs L Rainey Barwise](#)

Year 8: [Mrs C Mason](#)

Year 9: [Miss C Corrigan](#)

Year 10: [Mrs C Maguire](#)

Year 11: [Mrs K Monks](#)

Sixth Form: [Miss R Kelly](#)

SENCO: [Mrs G Dooley](#)

Curriculum Leaders

English: [Mrs M Bridges](#)

Maths: [Mrs L Gee](#)

Science: [Dr O McGinn](#)

RE: [Miss T Hyland](#)

MFL: [Ms H Mathison](#)

Humanities: [Mrs L Bashford](#)

Performing Arts (including PE): [Mrs J Walls](#)

Technology (including Health and Social Care):

[Mrs A Bell](#)

ICT and Social Sciences (including Sociology, Psychology and Business Studies): [Mrs D Duffy](#)

Why not visit our Websites?

[St. Julie's Main Website](#)

[Chaplaincy Website](#)

More Great Work from Year 7 Humanities Students

Students in Humanities are on a roll, with Year 7 students producing some fabulous work this week. We'd like to say a hearty 'well done' to Daisy, Maisey, Faith, Evie, Rosie, Grace, Miriam, Maya and Rose - some of whose work is [featured in the gallery](#). Keep up the high standard!



Candle In The Wind-ow

On Wednesday, 27th January, members of the community that is St. Julie's participated in Holocaust Memorial Day by placing candles in their windows at 8pm.

These candles reflected this year's theme to: 'Be the light in the darkness'. It was very moving to see candles across the street or in neighbours' windows, and it made participants feel part of something important and big – even in these socially distanced times. Thanks to all who participated, and you can see the [gallery of photos on our website](#).

Time To Talk Day – 4th Feb

An important part of Children's Mental Health Week is 'time to talk day' on the 4th February – a day when everyone is encouraged to have a conversation about mental health. At St Julie's Catholic High School, we know that it benefits all of us to talk about mental health. Time to Talk Day is run by Time to Change to help spread the word that you can talk about mental health anywhere. Time to Change is England's biggest programme to challenge mental health stigma and discrimination and is run by the charities Mind and Rethink Mental Illness.

- Time to Talk Day 2021 is on Thursday 4 February.
- 1 in 4 adults and 1 in 8 young people will experience a mental health problem in any given year, which is why talking about mental health is so important.
- Time to Talk Day is a chance for all of us to talk about mental health, to listen, to change lives.
- A small conversation about mental health has the power to make a big difference.



Year 9 Global Citizenship Competition

Year 9! Have you ever been to a National Park? Write, draw, sing, bake or otherwise respond all about it! In Liverpool, we are fortunate to be in close proximity to 3 National Parks – Snowdonia, The Lake District and The Peak District. These are areas of natural beauty and they are protected by law. They are also biodiverse ecosystems that we really need to protect. Send in your poems, stories, art sketches, fact files, songs, cakes - anything about a National Park to enter my competition this week. Complete your Global Citizenship lesson for this week to get some background information. Miss Gawley will be asking Mr Alderman to judge all entries and the winner will receive a prize! All entries to Miss Gawley please (lgawley@stjulies.org.uk) by the 5th February. Good luck!

Your list of contacts at St. Julie's

You can click any of the hyperlinked names below to send an email.

Progress Leaders

Year 7: [Mrs L Rainey](#)

[Barwise](#)

Year 8: [Mrs C Mason](#)

Year 9: [Miss C Corrigan](#)

Year 10: [Mrs C Maguire](#)

Year 11: [Mrs K Monks](#)

Sixth Form: [Miss R Kelly](#)

SENCO: [Mrs G Dooley](#)

Curriculum Leaders

English: [Mrs M Bridges](#)

Maths: [Mrs L Gee](#)

Science: [Dr O McGinn](#)

RE: [Miss T Hyland](#)

MFL: [Ms H Mathison](#)

Humanities: [Mrs L Bashford](#)

Performing Arts (including

PE): [Mrs J Walls](#)

Technology (including

Health and Social Care):

[Mrs A Bell](#)

ICT and Social Sciences

(including Sociology,

Psychology and Business

Studies): [Mrs D Duffy](#)

Why not visit our Websites?

[St. Julie's Main Website](#)

[Chaplaincy Website](#)

LIVERPOOL SCHOOLS LIVE WORKOUT

FRIDAY 5th February

1:40 - 2:20

#Workouttohelpout

Supporting Liverpool Food Banks

Take part in the biggest school live workout Liverpool has ever
seen

Work Out To Help Out!

Would you like to participate in Liverpool's biggest live school workout? The Liverpool Schools Sports Partnership are running a live interactive workout on Friday 5th February in partnership with colleagues at Lister Drive Primary school, helping to raise funds for Liverpool Food Banks. You can find out more about the event with [all the details and registration links here](#). Please be aware that if participating from home a parent or carer must be the person who completes the registration form, and we'd encourage an adult to be present during the event if you choose to participate.

Year 11 Parents Evening

Year 11 Parents' Evening is due to take place on Thursday 11 February. We will replace the face-to-face meetings with a video call or telephone consultation booking system. Further information will be sent out next week on how to access this facility and make appointments with your daughter's subject teacher and/or pastoral team.

Video consultations will take place on Thursday 11 February and appointments can be made via GroupCall from 9am to 6pm. Each consultation will last for five minutes. You will have the opportunity to talk to staff about your daughter's current academic progress, effort and engagement in the remote learning programme. Your daughter received her termly academic report in December 2020. This termly report provided key pieces of information relating to her current academic progress, achievements, behaviour and attendance.

Over 900 video calls took place during the Year 7 Parents' Evening and we received positive feedback regarding the appointment system. We did experience some technical issues therefore please note the following requirements:

Open the link to the video call at least 2 minutes before the scheduled appointment. Ensure you have good internet connection to avoid any technical issues with sound.

Please note that we will be unable to discuss summer assessments or grading procedures, pending the outcome of the national consultation led by Ofqual and the Department for Education. As soon as we receive the recommendations from this report, we will outline how your daughter will be assessed in the summer in preparation for awarding her GCSE grades.

Please do not hesitate to contact school if you require any further information. Thank you for your continued cooperation and support.



Climb a Mountain for Kate

Would you like to climb a mountain in tribute to Kate Griffin? And not just any mountain - Everest! The Himalayas are a bit out of reach in lockdown, but you can make the climb from the comfort of your own home. 'Heads up for Kate' is a challenge to honour the memory of Kate Griffin, former St. Julie's pupil and Headteacher of Christ the King Primary School in Wavertree, as well as a chance to raise funds for Rainbows Bereavement Support. You are invited to climb stairs until you have traversed the 3,486 metres from

Your list of contacts at St. Julie's

You can click any of the hyperlinked names below to send an email.

Progress Leaders

Year 7: [Mrs L Rainey Barwise](#)

Year 8: [Mrs C Mason](#)

Year 9: [Miss C Corrigan](#)

Year 10: [Mrs C Maguire](#)

Year 11: [Mrs K Monks](#)

Sixth Form: [Miss R Kelly](#)

SENCO: [Mrs G Dooley](#)

Curriculum Leaders

English: [Mrs M Bridges](#)

Maths: [Mrs L Gee](#)

Science: [Dr O McGinn](#)

RE: [Miss T Hyland](#)

MFL: [Ms H Mathison](#)

Humanities: [Mrs L Bashford](#)

Performing Arts (including PE): [Mrs J Walls](#)

Technology (including Health and Social Care):

[Mrs A Bell](#)

ICT and Social Sciences (including Sociology, Psychology and Business Studies): [Mrs D Duffy](#)

Why not visit our Websites?

[St. Julie's Main Website](#)
[Chaplaincy Website](#)

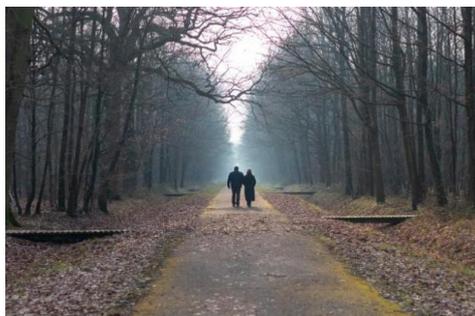
base camp to summit, tracking your progress on [this handy chart](#). Sir Edmund Hillary took 47 days - can you do better? You can donate in Kate's memory at her [justgiving page](#).

Remote Learning: Submitting Assignments in Teams

If you are supporting your daughter in home learning you may find that some of her teachers are asking her to submit assignments in Microsoft Teams. If your daughter is unsure how this works, you can help her by looking at this support article from Microsoft with her. As always, support can also be requested from teachers or by emailing passwords@stjulies.org.uk.

Wellbeing Wednesdays

On Wednesday mornings students across the school are invited to join with their form classes in Wellbeing Wednesday, a virtual form period taking place before lessons commence. Last week focused on mutual respect and tolerance and that we all have and ways for showing our appreciation.



Sustrans Outside In

Sustrans 'Outside In' have created a schedule of educational and active themed activities on well being, keeping active, being creative, investigating as well as a challenge to keep children active whilst home. You can access the free resources on their website [right here](#).

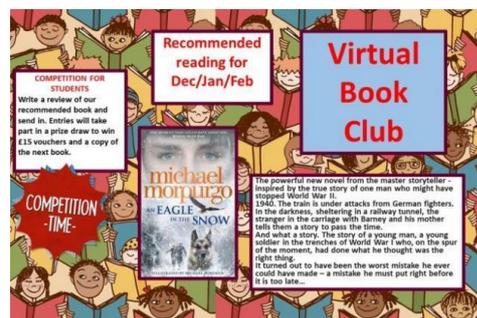


Violence Reduction Survey

We're inviting students from Year 10 only to participate in a Violence Reduction Survey from Sefton Young Advisors. They are calling on you to help provide your views about the following topics in Liverpool:

- how safe young people feel in their area
- how to reduce violent crime

The Young Advisors have therefore created a [short video and uploaded this onto YouTube](#) explaining the VRP (Violence Reduction Partnership) consultation. We would appreciate it if you could review the short film and then [complete the survey](#) before the end of Friday 29th January 2021. All information is confidential and names and addresses are not requested. The responses from you young people will help in relation to any change in services in Liverpool in the future. To watch the video and complete the survey will take approximately ten minutes.



Virtual Book Club

You've still time to get your review in for this half term's virtual book club review: An Eagle In The Snow. Michael Morpurgo's novel is inspired by a true story from the Second World War. Prizes are on offer for winning reviews!

Your list of contacts at St. Julie's

You can click any of the hyperlinked names below to send an email.

Progress Leaders

Year 7: [Mrs L Rainey Barwise](#)

Year 8: [Mrs C Mason](#)

Year 9: [Miss C Corrigan](#)

Year 10: [Mrs C Maquire](#)

Year 11: [Mrs K Monks](#)

Sixth Form: [Miss R Kelly](#)

SENCO: [Mrs G Dooley](#)

Curriculum Leaders

English: [Mrs M Bridges](#)

Maths: [Mrs L Gee](#)

Science: [Dr O McGinn](#)

RE: [Miss T Hyland](#)

MFL: [Ms H Mathison](#)

Humanities: [Mrs L Bashford](#)

Performing Arts (including

PE): [Mrs J Walls](#)

Technology (including

Health and Social Care):

[Mrs A Bell](#)

ICT and Social Sciences

(including Sociology,

Psychology and Business

Studies): [Mrs D Duffy](#)

Why not visit our Websites?

[St. Julie's Main Website](#)

[Chaplaincy Website](#)



Stars of Lockdown

Congratulations to this week's Stars of Lockdown! Our stars of lockdown have made an excellent effort, gone the extra mile with their work or otherwise done something special in their home study. Thanks to Rose, Charlotte, Azuo and Rosie for sending in their pics this week.

Year 8 Parents Evening

Thank you to all parents and carers who participated in our Year 8 virtual parents evening. We hope you found the event useful and informative.

Subject Discovery

Webinars

Students may like to take a look at [some of these webinars on Unifrog](#). There's a lot to choose from there including a series of subject discovery guides which will help you understand more about some of the identified employment sectors which may be of use in helping you select A Level courses. You can access webinars that have already taken place on-demand, and sign up for live participation in those that haven't yet occurred.

Careers Updates

Could you use your talents to contribute to the global fight against cancer? Find out more in the latest post at our [dedicated careers site](#). This week we're also linking to apprenticeship opportunities with some massive firms like IBM, BT and the National Audit Office. Follow the link above for all the details.

Academic calendar

We will review the planned events and activities due to take place during January and February. No

events will be cancelled but it is likely that we will move them to the second half of the Spring or Summer term.

Domestic Abuse:

There is clear evidence that nationally and locally the frequency of incidences of domestic abuse have increased during periods of lockdown. If you or someone you know is suffering from domestic abuse then the following resources will be of use:

- Merseyside Police provide a range of [local and national helplines](#), including a vital resource for adults '[#It's abuse](#)'.
- The [Bright Sky app](#) is an excellent resource for victims of domestic abuse.
- The [Hideout](#) resources provide support for children who have witnessed or suffered from domestic abuse

Members of the Safeguarding Team are in school every day during lockdown and can be contacted in the usual way, with the safeguarding@stjulies.org.uk email address being the best way to make contact out of hours.

Liverpool Citizens Support Scheme

If you find yourself in crisis you can apply for support to get food and basic necessities for you and your family including gas and electric vouchers (urgent needs) and furniture and household essentials (home needs).

An emergency or crisis might be a fire or flood, or you have had to move due to violence or fear of violence, or you are leaving care or prison and need support to stay in the community. There are [more details available here](#).

Your list of contacts at St. Julie's

You can click any of the hyperlinked names below to send an email.

Progress Leaders

Year 7: [Mrs L Rainey Barwise](#)

Year 8: [Mrs C Mason](#)

Year 9: [Miss C Corrigan](#)

Year 10: [Mrs C Maquire](#)

Year 11: [Mrs K Monks](#)

Sixth Form: [Miss R Kelly](#)

SENCO: [Mrs G Dooley](#)

Curriculum Leaders

English: [Mrs M Bridges](#)

Maths: [Mrs L Gee](#)

Science: [Dr O McGinn](#)

RE: [Miss T Hyland](#)

MFL: [Ms H Mathison](#)

Humanities: [Mrs L Bashford](#)

Performing Arts (including PE): [Mrs J Walls](#)

Technology (including Health and Social Care): [Mrs A Bell](#)

ICT and Social Sciences (including Sociology, Psychology and Business Studies): [Mrs D Duffy](#)

Why not visit our Websites?

[St. Julie's Main Website](#)
[Chaplaincy Website](#)

Mental Well-being Support

Anxiety UK – Charity providing support if you have been diagnosed with anxiety

Phone: 03444 775 774 (mon to Fri 9.30am-5.30pm)

CALM – Campaign against living Miserably, for Men ages 15-35

Phone: 0800 58 58 58 (daily 5pm-midnight)

Mental Health Foundation – support for mental health concerns
<https://www.mentalhealth.org.uk/>

MIND – Meeting mental health needs
Phone: 0300 123 3393 (mon-Fri, 9.00am-6.00pm)

No Panic – support line for panic attacks and OCD

Phone: 0844967 4848 (daily 10.00am-10.00pm)

PAPYRUS – Suicide prevention team
Phone: 0800 068 4141 (mon – Fri, 10.00am – 5.00pm, 7.00pm - 10.00pm, weekends, 2.00pm-5.00pm)

Rethink Mental Illness – supporting mental health all ages.

Phone: 0300 5000 927 (Mon -Fri, 9.30am-4.00pm)

Samaritans – supporting those experiencing feelings of despair
Phone: 116 123 (free 24 hour helpline)

CAMHS – CRISIS team for under 18 years old

Phone: 0808 196 3550 (24 hours)

Alder Hey CRISIS Team – supporting mental health and distress (24 hours)

Phone: 0151 293 3577.

Kooth Guidance for Adults

Kooth is a free, online self-referral counselling service for young people that has had some really positive feedback. The guide for adults, [available here](#), gives more information about the kinds of services that young people can access and explains about how the system works.

Covid Reporting

Please continue to review the [information sent out each week in the bulletin](#) with regard to the importance of notifying school immediately if your child tests positive for COVID-19. Please continue to contact school in any of the normal ways - the main switchboard (0151 428 6421) during working hours; or reception@stjulies.org.uk or safeguarding@stjulies.org.uk for out of hours notifications. School have taken all reasonable steps to raise awareness of this. Thank you.

Microsoft Office 365 Licencing

All students at St. Julie's are licenced to install the Microsoft Office 365 suite on up to five computers at home at no cost. You can find out more about how to complete the installation in this [remote learning guide](#).

What to do if...	Action needed	Back to school	Back to school
My child has COVID-19 symptoms	<ul style="list-style-type: none">Child should attend schoolChild should get a testHousehold self-isolation while waiting for test resultWhen school reopens, child should immediately attend school	<ul style="list-style-type: none">When child's test comes back negative and child is well enough	<ul style="list-style-type: none">When the child has completed 14 days of self-isolation, even if they test negative during these 14 days
My child tests positive for COVID-19 (coronavirus)	<ul style="list-style-type: none">Child should attend schoolChild should get a test 10 days from when symptoms started (or 5 days if test 5 days symptoms)When school reopens, child should immediately attend schoolChild should self-isolate for 14 days from day when symptoms started (or 10 days if test 5 days symptoms)Household self-isolation while waiting for test resultWhen school reopens, child should immediately attend school	<ul style="list-style-type: none">When child feels better, child has been without a fever for at least 48 hoursThey can return to school after 10 days and if they have a cough or loss of smell/taste, they can be in school spaces once the infection is gone	<ul style="list-style-type: none">When the quarantine period of 14 days has been completed for the child, even if they test negative during these 14 days
Somebody in my household has COVID-19 symptoms	<ul style="list-style-type: none">Child should attend schoolHousehold self-isolation while waiting for test resultWhen school reopens, child should immediately attend school	<ul style="list-style-type: none">When household member tests negative, and child does not have COVID-19 symptoms	<ul style="list-style-type: none">When school / other agencies inform you that restrictions have been lifted and you should return to school again
Somebody in my household has tested positive for COVID-19 (coronavirus)	<ul style="list-style-type: none">Child should attend schoolChild should get a test 10 days from day when symptoms started (or 5 days if test 5 days symptoms)Household self-isolation while waiting for test resultWhen school reopens, child should immediately attend school	<ul style="list-style-type: none">When child has completed 14 days of self-isolation, even if they test negative during the 14 days	<ul style="list-style-type: none">When conditions above are met, including other self-isolation, see point
My child has been identified as a close contact of somebody with symptoms or confirmed COVID-19 (coronavirus)	<ul style="list-style-type: none">Child should attend schoolChild should get a test 10 days from when symptoms started (or 5 days if test 5 days symptoms)Household self-isolation while waiting for test resultWhen school reopens, child should immediately attend school	<ul style="list-style-type: none">When child has been without a fever for at least 48 hoursThey can return to school after 10 days and if they have a cough or loss of smell/taste, they can be in school spaces once the infection is gone	<ul style="list-style-type: none">When the quarantine period of 14 days has been completed for the child, even if they test negative during these 14 days
We have received official advice that my child must resume shielding	<ul style="list-style-type: none">Child should attend schoolContact school as shielding arrangements officer / pastoral staffChild should attend school as normal and shielding should not impact on return to school again	<ul style="list-style-type: none">When school / other agencies inform you that restrictions have been lifted and you should return to school again	<ul style="list-style-type: none">When school / other agencies inform you that restrictions have been lifted and you should return to school again
I am not sure who should get a COVID-19 test	<ul style="list-style-type: none">Only people with symptoms should get a testPeople without symptoms are advised not to get a test, unless they are shielding or have shielding who help provide		

Latest Covid Absence Information Poster

Please [click here for a quick guidance poster](#) for parents about Covid related absence, which has some helpful links in too.

Covid-19 Information and Risk Assessment

All parent/carers can access the school's Covid-19 risk assessment [here](#).