



St. Julie's Catholic High School

Weekly Newsletter

Week beginning 1st June

Forthcoming Dates for your Diary

1st June

Students return to school

11th June

Year 8 Parents and Options Evening



Good Luck Year 13!

On Friday afternoon we embraced bittersweet feelings as we bade a very fond farewell to our most senior students as Year 13 celebrated their Leavers' Mass. The Mass is always a very poignant occasion that incorporates reflections and warm memories alongside worship, celebrated this year by Fr. David. The service includes the ceremonial exchange of robes as members of the 1804 Society hand over their responsibilities to the incoming members of the Society for the 26/27 Year. [Read more and see photos here.](#)



Celebrating the May Crowning

On Tuesday, we welcomed children from Much Woolton and St Gregory's Primary schools for a May procession and crowning of Our Lady. A May Crowning is the Catholic tradition of honouring Mary during the month of May with a crown of flowers, and you can find out much more about what happened and why [right here!](#)



St. Julie's Students Speak at City Wide Conference

Congratulations to Scarlett, Imogen and Sienna who helped represent young women at the recent Liverpool Women's Health Conference. Delegates heard about the work we are doing in St. Julie's about tackling harassment and county lines, and how we are influencing the violence against women and girls strategy.

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We have received feedback from Sr Emer Coffey, Associate Director of Public Health at Liverpool City Council, who spoke warmly about how impressed she was with our students' eloquence and their determination to influence change so positively. Liverpool City Council's report - '[The Health of Women in Liverpool](#)' - has been published and is an insightful read. Thank you to our students for representing themselves, our school and the young women of Liverpool so well.



Strong Second for St Julie's Choir!

On Thursday evening our choir performed in the Liverpool Catholic Schools' Choir Competition at Liverpool Cathedral and did a fantastic job! Lining up against eight other schools in the beautiful Crypt Concert Room ratcheted up the pressure, but a passionate delivery of an uplifting mash up saw our choir claim a strong second place. Judges commented that the choir not only sounded beautiful but 'performed with their whole heart'. In doing so our choristers demonstrated our mission statement and Notre Dame values in living example. Congratulations to our students and Mrs Hambleton for her musical direction, and to all of the singers on the night who have the audience an outstanding evening of entertainment.



St Julie's Students Lift LCFA Trophy!

Congratulations to Sharnie, Daisy-Cheryl, Luella and Emily who lined up for the respective teams in the LCFA Sunday Girls Cup Finals on Thursday evening! Townsey FC took and held a 1-0 lead over Byrom FC to prevail in the final and lift the coveted trophy. Congratulations to Daisy, Luella and Emily for a fantastic win and to all of our players for shaping and using their talents with such purpose. Congratulations also go to both teams and their coaching and management staff, and thanks to Miss Jones for representing St. Julie's staff from the sidelines.



Liverpool Schoolgirls Complete Amazing Treble!

Congratulations to the Liverpool Schoolgirls' football team who crowned their incredible season with a final trophy win on Thursday in the ESFA NW Cup! The team lined up against Wirral Schoolgirls in the fixture at Heswall Football Club's ground for the final, and closely contested first half saw honours even at 0-0 at half time. The second half was a very different picture, with the Liverpool team making the breakthrough and then pressing the advantage to go 2-0 up. After that it was goals galore with Liverpool ultimately netting six times to prevail in a 6-1 victory.

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This means that the team have recorded an astonishing treble as champions in the Northwest League, ESFA National Cup and ESFA Northwest Cup, and have finished the season unbeaten! Congratulations to all of the 'invincibles' and their coaching team, and particularly to our four students on the team, Anya, Sophie, Honey and Blossom!



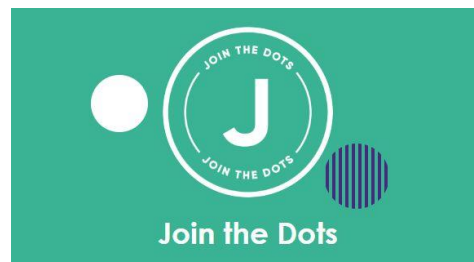
Life Saving Skills With LSSP

On Thursday this week our Young Sports Leaders learned critical life saving skills as they worked towards a mini First Award with the LSSP. All of the students approached the training with the resuscitation dummies with maturity and confidence, helping to develop vital skills for the future.



Shock Reduction in STEM Club

In STEM Club this week students were exploring methodologies for protecting an egg being dropped from height. The experiment explores techniques used extensively in the automotive industry including crumple zones and airbags, and so has very observable real world links. Well done to the scientists in their protective efforts!



'Join the Dots' with The Brilliant Club

'Join the Dots' with The Brilliant Club is a free programme designed to support Year 12 with university applications. The programme is split into two parts:

UniPrep (before university)

- Gives students access to free live webinars
- Open to any Year 12 or 13 student applying to university.
- Offers free guidance and tips on things like personal statements, student finance, study skills, and insight into university life.

Starting uni:

- If students get into a Join the Dots partner university, they'll be able to secure a spot in the second part of the programme.
- University partners will be announced and updated throughout the year.
- Programme members will have a personal coach to give them one-on-one academic coaching for their first assignments/assessments, along with group sessions with to share advice and support to help freshers settle in.

The link to sign up is here [Join the Dots Student Sign Up – The Brilliant Club](#). If Year 12 students wish to sign up, they should speak to Mrs Jones to obtain our unique password.

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Kirsty Doyle Introduces KD Virtual Work Experience

On Thursday Year 8 students were delighted to meet designer Kirsty Doyle who spoke to them about an exciting virtual Work Experience programme - the KD Virtual Work Experience Project, delivered by The KD Club Work XP and led by Kirsty Doyle. This exciting programme is designed to inspire and prepare young people for the world of work through practical and engaging activities linked to a wide range of industries, including sport and fitness, floristry, fashion and many more. Students will have the opportunity to explore different career pathways while developing important employability skills such as communication, teamwork, problem-solving and confidence. The project will take place during single English lessons and will be delivered by your class teacher. All Year 8 students will have the opportunity to take part in the programme and we hope they will make the most of this fantastic opportunity to learn more about future careers and the world of work. Sessions will be delivered during their single English lessons after half term. We'd like to thank Kirsty for speaking to Year 8 and for inviting us to participate in the programme.



Celebration Breakfast for Year 13 Leavers

On Friday morning we welcomed our most senior students to gather together in the Dining Room for a final magnificent breakfast prepared by our catering team. Our leavers got the chance to swap stories and memories and do some of the all important signing before they prepared for their Leavers' Mass later in the day. Thank you to our catering team for preparing a wonderful meal! You can see photos in the [story on our website](#).



Alumni Afternoon Tea!

On Wednesday 24th June from 4-6pm we're inviting former students from St Julie's to join us for an Afternoon Tea event that will give the opportunity to tour our new building, network and catch up with some familiar faces from the past! Registration is required, and you can find more details in the [letter of invitation](#) from Mrs McCourt.



Support Services from River Young People

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River Young People Support Services provides free and confidential support for young people impacted by drug or alcohol use. They work closely with schools to offer accessible, student-centred support and aim to make referrals and engagement as straightforward as possible, whether they are using substances themselves presently or in the past – or feel effected by someone else's substance misuse. You can find [more information here](#).



Responsible Parking

Please [click here to read a copy of a letter](#) circulated by Mrs McCourt last week referring to parking and stopping whilst picking up and dropping off students.



Punctuality Procedures at St Julie's

At St Julie's, we believe punctuality is crucial for a successful and positive school day. Arriving on time ensures every pupil is ready to learn and minimises disruption for all.

Why Is Punctuality So Important?

- Sets good routines for life
- Ensures no learning is missed
- Minimises disruption for others

You can read our [punctuality procedures in detail here](#).

100%	0 days	0 lessons missed
99%	1 day	6 lessons missed
98%	3 days	18 lessons missed
97%	1 week	30 lessons missed
96%	1.5 weeks	45 lessons missed
94%	2 weeks	60 lessons missed
93%	2.5 weeks	75 lessons missed
92%	3 weeks	90 lessons missed
90%	3.5 weeks	105 lessons missed

The Importance of Attendance

In a world where we face a constant barrage of performance statistics it can be easy to think that a figure that's over 90% must be pretty good. With attendance that's really not the case, as you can see in the table above. A student with 94% attendance has missed two full weeks of schools – that's 60 lessons! Remember, school attendance matters.



Register As An Alumnus

Are you a former pupil at St. Julie's? Would you like to join our register of alumni? We're always happy to hear from former students, and we'd love to hear about your progress and life experiences that might be helpful in guiding and inspiring our current students. Even if you'd just like to keep in touch and receive our newsletter, you can [fill in the registration form here](#).

Dangerous parking

Please can all parents be reminded not to park on double yellow lines, zig zag markings or drop their daughter off on the pelican crossing. We are very concerned about the safety of all students.

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Road safety awareness is delivered through our PSHE programme but it is essential that we work in partnership to maintain the safety of all students. Police Community Support Officers will continue to visit the area and issue fixed penalty notices for obstructing driveways and parking illegally. We have also communicated road safety concerns with local councillors and the highway agencies. The safety of students and pedestrians is paramount.



Education Welfare Helpline

New for September 2023 is an Education Welfare Helpline. This is available to all parents with attendance queries and is available 9am - 5pm weekdays. You can contact the service on **0151 233 3916**.

SENISS Helpline: 07591837693

If your child has special educational needs and you are wanting to know more on how to support their learning at home then please ring for professional advice, support or practical strategies.

Monday: 1pm – 4pm, Wednesday: 9am – 4pm, Friday: 9am – 12pm
Alternatively, you can email your concern to seniss@liverpool.gov.uk

Educational Psychology Service Helpline: 0151 233 5978

If you are concerned about your child's emotional wellbeing or managing their behaviour then please ring for professional advice, support or practical strategies.

Monday to Friday: 9am – 4.30pm
Alternatively, you can email your concern to

epsadmin@liverpool.gov.uk

ASD Training Team:

07522800193/07515501854

Advice and strategies for families of children and young people with autism or social communication needs.

Monday to Friday: 9am – 12pm
Alternatively, you can email your concern to

ASDtrainingteam@liverpool.gov.uk

Children's Occupational Therapy Service

Please contact the Children's [https://learnliveuk.com/network-rail-secondary-school-safety-talk/Occupational Therapist](https://learnliveuk.com/network-rail-secondary-school-safety-talk/Occupational%20Therapist) who is supporting the child for advice or alternatively for general enquiries please email chot@liverpool.gov.uk

Liverpool Sensory Service

Please contact the Sensory Specialist Teacher who is supporting the child for advice or alternatively for general enquiries please email

sensoryservice@liverpool.gov.uk

Hub Of Hope

[The Hub of Hope](#) is the UK's leading mental health support database. It is provided by national mental health charity, Chasing the Stigma, and brings local, national, peer, community, charity, private and NHS mental health support and services together in one place for the first time.

Parent Chat Live

[Action for Children Parent Chat](#) is a free and confidential live chat with a qualified parenting coach in the UK. Staff are there to talk about family life, caring for children or managing your wellbeing as a parent. The chat service is a safe space for a parent to share their concerns. There will be someone to listen, take time to understand a parent's situation, and work with the parent to find possible solutions. If appropriate, they may suggest ideas for where to get extra support.

Liverpool Citizens Support Scheme

If you find yourself in crisis you can apply for support to get food and

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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](#).

Neglect

Everyone deserves to feel safe, cared for, and to have their basic needs met. Being taken care of means that someone is giving us what we need physically and emotionally, as well as making sure individuals are getting an education and access to things like the doctor when needed. If you are struggling; or you think someone you know is being neglected, then it's important to get support. Click here [Neglect | Childline](#) to learn more about accessing support; the types of support you could access. This page contains a contact number: 0800 1111; a contact form and offers different ways of obtaining help including a 1-2-1 chat with a counsellor [Get Support | Childline](#)

Young Carers Support

Barnardo's Action with Young Carers offers assessments and support for young carers. You can find out more from their [information leaflet](#) or [at the website](#).

Domestic Abuse:

There is clear evidence that nationally and locally the frequency of incidences of domestic abuse increased during and following the pandemic. 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.

RASA (Rape and Sexual Abuse)

Merseyside is a specialist service providing support to anyone who has been impacted by any form of sexual violence at any time in their lives. You can call us on 0151 558 1801, email referrals@rasamerseyside.org or visit our website www.rasamerseyside.org

Mental Well-being Support

Children and young people, parents and carers in crisis can call the **Alder Hey CAMHS crisis care line** 24 hours a day, seven days a week on 0151 293 3577 or freephone 0808 196 3550 They should only present to Accident Emergency Department if they need medical treatment or are struggling to keep themselves safe in the immediate moment.

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)

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No Panic – support line for panic attacks and OCD
Phone: 0844967 4848 (daily 10.00am-10.00pm)

Give Us A Shout
Immediate support by text for people of all ages.
<https://giveusashout.org/>
Text 'SHOUT' to 85258

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)

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.

Microsoft Office 365 Licencing

All students at St. Julie's are licenced to install the Microsoft Office 365 suite on up to five computers or mobile devices at home at no cost. Students can visit <https://www.office.com> and sign in using their school email address and password and then look for the 'Install and more' option.

Resources for Parents in Knowsley

[Advanced Solutions](#): 0151 486 1788
Listening Ear: St Nicholas Centre,
70 Church Road, Halewood, L26 6LB
0151 488 6648

Children in care (under 18?) Polaris
Knowsley.EHWB@coreassets.com
07967 381 035

[Knowsley CAMHS](#) 0151 351 8610

[Kooth](#)

[Mental Health Support Teams](#)

[Zuntold](#)

Domestic Abuse
[Merseyside Domestic Violence Service](#) 0780 272 2703 mdvs.org

[Ruby Project](#) ruby@pss.org.uk

Family support [Family First](#)

[Knowsley Family Info](#)

[PSS Prisoner Family Service](#)

[Lee Cooper Foundation](#)

[Healthy Knowsley](#)