



St. Julie's Catholic High School

Weekly Newsletter

Week Beginning 2nd February

Forthcoming Dates for your Diary

11th February

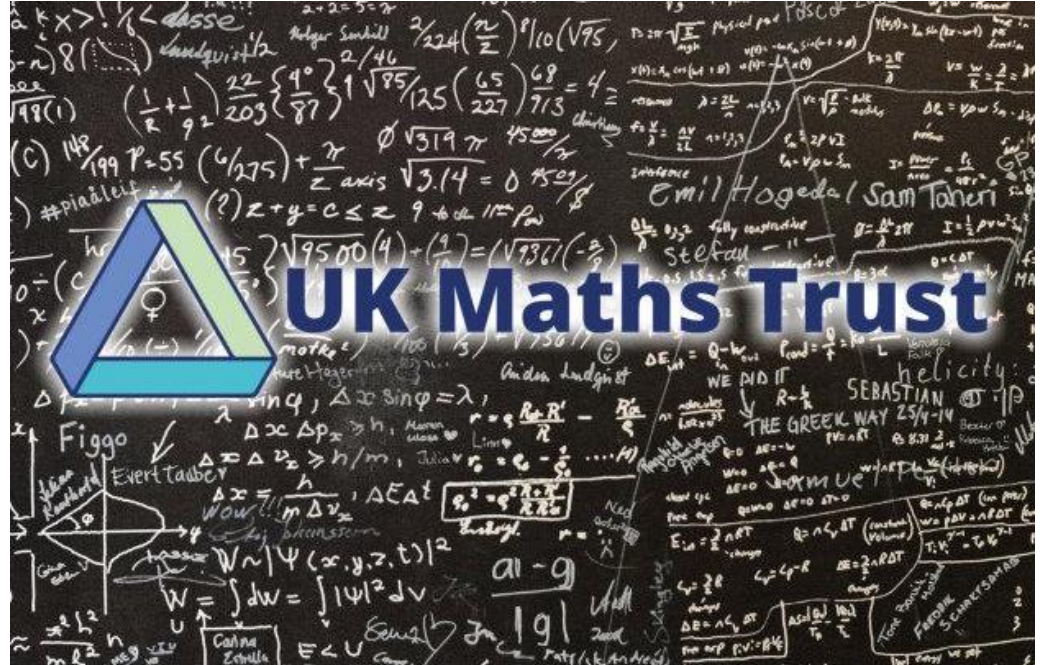
International day of Women and Girls in Science

12th February

Careers Fair

13th February

Students finish for February half-term



Students Take On Maths Challenge!

On Wednesday 28th January students from year 9 and 10 took part in the Intermediate Maths Challenge from the UK Maths Trust. This is a challenge that is designed to encourage mathematical reasoning, precision of thought and fluency and is taken by schools internationally. While the problems are mostly accessible they also provide a good challenge whilst promoting careful thinking and problem-solving. Top scoring participants are awarded Bronze, Silver or Gold certificates. We are keeping our fingers crossed for when the results come in in a few weeks time. Good luck to all who took part!



Footballers Through To Merseyside Cup Quarters!

Congratulations to our Year 9/10 Footballers who contested their latest round of the Merseyside Schools' Cup competition, recording a thumping 8-0 win over their opposition from Alsop. The team now progress to the quarter final stages where we wish them the best of luck!



Year 9 Students Visit County Lines Event

On Thursday a group of Year 9 students attended a County lines awareness event hosted by Merseyside Police and the LFC Foundation. Students heard talks from the Police, NHS and lived experience from Angela Preston. Students then took part in 4 workshops, including drug

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awareness, a VR simulation, and some business advice. Students then submitted questions for a panel of celebrity guests, including Jamie Webster, Tony Bellew, Phillip McGuinness and Jessica Gagan! Thanks to our hosts for a great event!



Uniform Requirement Updates

We've made some changes to our uniform requirements to reduce the amount of compulsory branded items. You can find the new information in the 'uniform suppliers' page on our website which can be [found here](#).



Year 9 Big Trust Programme

This week a group of Year 9 students met with Rachel, Hannah and Kate who came to speak to them about their diverse careers in setting up a charity, marketing and as a self employed electrician. The students learned about the different aspects of a career in marketing and the challenges and rewards of being self employed. We look forward to our next session with the trust and would like to thank them for coming in to speak to our students. To learn more about The Big Trust, [click here](#).



Year 7 and 8 Footballers Bow Out of the Merseyside Cup

On Wednesday our Year 7 and 8 footballers played their latest fixture in the Merseyside Schools' Cup. Despite a spirited performance their opponents recording a convincing 5-1 win. Congratulations to the team from Calderstones who now progress to the next round where we wish them well.



Going for Gold for the Lord Mayor of Liverpool

On Wednesday 4th February we're raising money, for the Lord Mayor of Liverpool Legacy fund. The Legacy Fund is aiming to create money to fund youth worker training and support for young people across the city. We are selling gold ribbons and will be having a cake sale at break time to raise funds in support.

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Magdalene College Cambridge: Online Subject Tasters January- March

Academic staff members at Magdalene College are offering online subject taster sessions in a range of courses. Each subject has one online session - the first half in the style of a lecture, and the second is more discussion-based. Upcoming sessions include Medicine, Languages, Law, and Maths. These sessions are aimed at Y11-12 students.

Students can sign up to the sessions they wish to attend [here](#). Bookings close at 9am on the respective event days.



Mixed Fortunes for League Football Matches

Our Year 7 and 8 footballers contested two league games on Monday this week due to fixture congestions. The team scored a mixed brace with a 5-0 win against the team from Belvedere, before a 3-0 loss at the hands of the team from North Liverpool Academy in the second game. Well done to the players for some great competitive football.



Magdalene Residential 7th- 10th April – Applications close on 25th February

The Magdalene College annual residential is open for Y12 students attending a state-maintained school in Merseyside or the Isle of Man. The Magdalene College Residential is a fantastic opportunity for high-achieving students to find out more about studying at top universities such as the University of Cambridge. During the residential, participants will stay in Magdalene College accommodation; explore their academic interests by attending workshops and seminars led by university lecturers; visit some of Cambridge's libraries and museums; spend time with current Cambridge students; learn about the university application process; and gain an insight into living and studying in Cambridge. The Residential is entirely free of charge, including accommodation, food, and all activities. We are also able to fully fund transport costs for all participants.

Full details, eligibility criteria, and the application form are available on the [Magdalene College website](#). Applications will close on 25th February, and applicants will be asked to nominate a current teacher to provide a short reference. Apply [here](#).

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Support Services from River Young People

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 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](#).



Year 9 Immunisations

All Year 9 children are due their routine immunisations to boost their immunity and ensure continued protection against Diphtheria, Tetanus, Polio, and Meningitis ACWY into adulthood. If your child did not receive their HPV immunisation in Year 8, it is not too late for them to catch up. Please use the link below to access further information and complete your child's consent form, even if you **DO NOT** want your child to receive any immunisations. This helps the team prevent unnecessary follow-up and supports the smooth running of the immunisation session.

<https://econsent.merseycare.nhs.uk/>

If you would like to discuss anything further, amend a form, or need support completing the consent process, please contact the Immunisation Service on:

0151 295 3833 or mcn-tr.vacandimms.team@nhs.net



Parent Governor Elections

We are inviting nominations from parents to fill two vacancies for Parent Governor on the Governing Body at St. Julie's. The successful candidates will become full members of the Governing Body and serve for four years. To be eligible for election, your child must be a registered pupil of this school when the election takes place. Details of the election procedure and nomination form can be found in the [letter from Mrs McCourt](#) circulated by email last week.



Careers Fair Coming Soon!

We have partnered with Careers Connect to offer a Careers Fair on Thursday 12th February. A range of employers, apprenticeship providers, Further Education and Higher Education providers will be in attendance on the day to provide information, advice and guidance to students across all year groups. This will be an excellent opportunity for students to ask questions, learn about career and training pathways; local labour market information and skills required for their career of choice.

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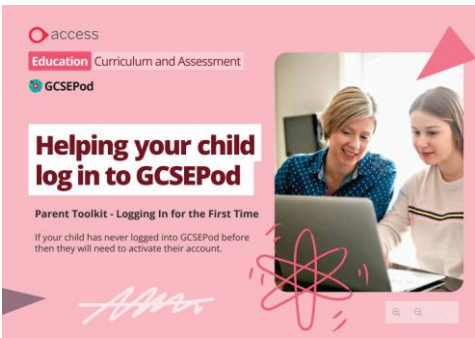
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Logging into GCSEPod

[Click here for the quick guide](#) to helping your child log into to GCSEPod, a fast paced, easily accessible and carefully curated set of revision guides, available right on their phones.



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.



Healthy Schools and Controlling Infection

As we enter the period of seasonal illnesses we're working hard as a school to manage infectious diseases within the school community and following relevant guidelines. You can help to keep your child healthy by [considering this government advice](#). Most mild illnesses - such as a runny nose, sore throat, or slight cough - do **not** require time off school, unless your child has a temperature. There's [more guidance on that here](#). It's always helpful to book

medical appointments outside of school hours where possible. Where this isn't possible, they should bring their child to school before, and return after, if they are well enough. Pupils can attend appointments in their school uniform.

Vaccinations are a key line of defence against flu and other preventable illnesses. When children and young people receive all the recommended vaccines in the national immunisation programme, it helps protect their health and support the wellbeing of the whole school community. School Age Immunisation Services (SAIS), commissioned by NHS England, deliver these free vaccinations in schools. This autumn, all school children in England (from reception to year 11) will be offered a [flu vaccination](#) at school. There's more information about vaccination programmes in secondary schools [here](#).



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](#).

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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.

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:

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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 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

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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)

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

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Children in care (under 18?) Polaris
Knowsley.EHWP@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](#)