



St. Julie's Catholic High School

Weekly Newsletter

Week beginning 2nd March

Forthcoming Dates for your Diary

2nd-7th March
National Careers Week

6th-15th March
British Science Week

11th March
Year 6 Welcome Event

16th March
British Science Week

26th March
Notre Dame Awards Evening



Anthony Walker Foundation Share Important Message

On Tuesday this week we were pleased to welcome representatives from the Anthony Walker Foundation to deliver assemblies about hate crime. We were joined by Mel Williams and Catherina Quinn from the Foundation who led all students from Years 7 to 13 in extended assemblies delivering their successful 'Speak Out! Stop Hate' learning module which promotes hate crime awareness and the vital importance of speaking out and reporting hate when witnessed. The assemblies delivered a powerful message and proved very thought provoking for students. We'd like to thank the Foundation for sharing their time with our students.



Stage Chills at 'The Woman In Black'

Performing Arts students enjoying some spine tingling thrills at a performance of Susan Hill's gothic horror 'The Woman in Black' at the Liverpool Playhouse this week. The students marvelled at the atmospheric staging and drew great inspiration studying techniques of illusion and horror at their most effective.



National Careers Week!

National Careers Week is 2nd – 7th March 2026. During this week a range of activities will take place and a variety of guest speakers and St Julie's alumni will share their career experiences with students. Lesson activities throughout the week will also have a careers focus in order that students are signposted to possible career pathways and are able to link classroom learning to the world of

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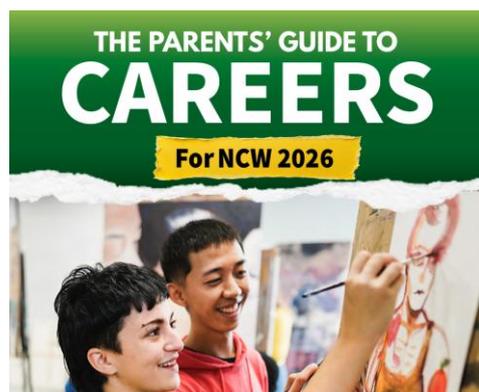
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work. A BBC Bitesize guide on supporting your teen with their career can be [found here](#). An article from the National Careers Service about helping young people make career decisions can be [found here](#).



Headteacher's Letter on Mobile Phone Consultation

Please [click here for a copy of a letter](#) circulated by Mrs McCourt this week in response to the recent consultation on the school mobile phone policy.



National Careers Week: The Parents Guide To Careers

To help support **National Careers Week** in 2026 the team at 'The Parents Guide To' have developed a free, parent friendly guide to the current Careers scene. You can [find a copy right here](#).



Extra Curricular Timetable for Half Term 4

The extra-curricular clubs and activities for Half Term 4 have now been published on the school website and you can [find them here](#). There's a printable copy to stick on the fridge [here](#).



Eating Disorders Week

This week marks Eating Disorder Awareness Week, which focusses very positively on the power of community and the vital role family, friends, and other support networks play in helping someone feel supported, understood, and never alone on their journey from seeking help, undergoing treatment and beyond. Our focus in school this has been with staff awareness, but we continue to signpost students to our Progress Leaders and Pastoral Team as somebody to talk to. Students also have access to external support, from organisations like:

- Beat Eating Disorders: [0808 801 0677](#) or www.beateatingdisorders.org.uk
- Childline: [0800 1111](#)
- Young Minds Crisis Messenger: Text YM to 85258

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Easter Revision Sessions

The provisional schedule for Easter revision sessions is shown below. More information will follow in future weeks.

	Monday 30th March	Tuesday 31st March	Wednesday 1st April	Thursday 2nd April	Friday 3rd April
AM Session 9-12	RS A Level (Ethics and Christianity) THY	English Literature- Plot revision DWA, HKI, MMO	Art GCSE and A Level ABE/NIZ	GCSE PE Revision	School Closed
PM Session 12-3	RS (Philosophy and Christianity) JCO	Geography GCSE (FFO)	Art GCSE and A Level ABE/NIZ		
	Monday 6th April	Tuesday 7th April	Wednesday 8th April	Thursday 9th April	Friday 10th April
AM Session 9-12	School Closed	RE GCSE Paper 1 (KBR THY)	RE GCSE Paper 2 (SPE, JCO)	History GCSE (JTO)	
PM Session 12-3				Politics A Level (JTO)	

Saturday Drama: 25th April (AM): Billy Elliot 2nd May (AM): Blood Brothers



Neurodiverse Family Support Network Information Event

The Neurodiverse Family Support Network are hosting a support and information event at Sefton Park Palm House on Sunday 22nd March from 11am to 2pm. Parents, carers and professionals are invited to go along, meet with and speak to specialist services and activity providers working with early years right up to adulthood. It's a free event and you don't need to register in advance.



Join The Wildlife Warriors!

After the long cold winter the natural world around us is waking up and our wildlife club is gearing up to see it! The after school club meets in A201 on Tuesdays after school and enjoys a range of activities attracting, identifying and supporting wildlife within the school grounds.

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Maths

- Exam papers and mark schemes are sent out each fortnight as an additional task.
- After school revision is on a Tuesday after school.
- Use your QLA to find topics which are your areas of development.
- Use [Sparx](#) or online websites to revise topics.
- Complete exam papers or exam questions on topics.

The best way to revise Maths is to do Maths

Subject Revision Focus Slides

Every week we're sharing a different subject focus with our Year 11 students. This week we're looking at Maths, and there are four slides this week that [can all be found here](#).



The CAYP Webinar Series

Free Online Webinar for Parents

CAYP Psychology are running a free webinar for parents on Tuesday 24th March 2026 from 8:00-9:00pm. The session is going to explore what may be driving ongoing difficulties with focus, emotional regulation and impulsive behaviour in children and young people. You can [find out more about the event and book your place here](#).



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 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.



Healthy Schools and Controlling Infection

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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](#).

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

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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:

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

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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 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)

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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

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](#)