



St. Julie's Catholic High School

Weekly Newsletter

Week Beginning 3rd May 2021

Forthcoming Dates for your Diary

4th May

Year 11 and Year 13 Formal Assessments Begin

6th May

Brilliant Club Graduation Event

19th May

Year 10 Mock Examinations Begin

17th May

Mental Health Awareness Week Begins



Green School Of The Year!

We are honoured to have been named Liverpool Green School of the Year in the Liverpool Echo environmental awards. St Julie's was nominated as a finalist in the Liverpool Echo Environmental Awards 2021, under the category of green School of the Year. St Julie's have done a lot to contribute to mitigating the carbon emissions in school and educating the students about their role as a Global Citizen. Read more and hear from our Environmental Ambassadors in the [full story on our website](#).



Year 10 Aim To Pasta Test!

Catering students in Year 10 have been honing their pasta skills in preparation for their forthcoming practical exam. The practical is a very tough exam, as all dishes have to be prepared from scratch, including elements such as bread and pasta, which is rare even in commercial kitchens. [Read more here](#).



International Dance Day

This week St Julie's celebrated all of our amazing dancers in International Dance Day 2021. Students started their celebration with a commercial class with professional dancer Penny Murphy. One pupil (pictured) was selected for her outstanding performance, and you can [watch her performance at our Chaplaincy Website](#). Read more in [the full story](#).

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Humanutopia: Who Am I Now?

This week we have welcomed back the Humanutopia team who have been leading their hugely popular mindfulness workshop 'who am I now?' with students in Years 8, 9 and 10. Informal feedback from the students has been very positive, and we'd like to thank all of the participating students for engaging so well.



Confirmation

Archbishop Malcolm has written a letter for parents of students in Year 8 who might be considering being confirmed. [You can access the letter here.](#)



Congratulations to Stars of the Week!

We'd like to offer a hearty 'well done' to all of our stars of the week for this week who have gone above and beyond and impressed their teachers. Thanks to Ebony, Sofia and Sophie for sharing their pictures with us this week!

Exams 2021

Year 11 and Year 13

Revision Topics

All students in Year 11 and Year 13 have previously been emailed comprehensive lists for topics to revise for the forthcoming formal assessments. Copies of the lists can be found here for [Year 11](#) and for [Year 13](#) students.

Year 10 Mock

Examinations

Last week Mrs McCourt circulated a letter to parents of students in Year 10 with information about the forthcoming mock examinations, a copy of which can be [found here.](#)

JCQ Guidance for Parents and Students – Summer 2021

We've received the latest guidance from JCQ provided for students and their parents for those involved in qualification in the Summer 2021 awards season. A copy of the guidance [can be found here.](#)

Year 11 and 13 Formal Assessment Timetable

The final timetable for Formal Assessments for students in Years 11 and 13 has now been published and a copy is [available to view here.](#)

Summer 2021 GCSE and A Level Exams Centre Policy

The ratified exams policy for the Summer 2021 season can be [found here.](#)

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YPAS Autism Information Coffee Morning

The Young Persons' Advisory Service are running a virtual coffee morning for Autism Information on 5th May.

The session will be hosted virtually by the YPAS parent wellbeing team, and runs from 10am to 11:30 am. For more information and bookings email bookings@ypas.org.uk

Careers Updates

Careers updates this week include information from financial giants Morgan Stanley about a one day virtual event offering an insight into technology within the sector pitched exclusively at Year 12 and 13 female students. Further details, and more, [at the usual website!](#)



SEND Support Helplines

Helplines for Settings and Families In response to the current coronavirus pandemic, Liverpool Local Authority's SEND Support Services would like to offer advice and support to our settings and families during this difficult time.

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

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

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the community. There are [more details available here](#).

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.

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.

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

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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](#).



Covid-19 Information and Risk Assessment

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