



St. Julie's Catholic High School

Weekly Newsletter

Week Beginning 4th December 2023

Forthcoming Dates for your Diary

6th December
Year 7 Mass at the Cathedral (12.40pm onwards)

7th December
Sixth Form Open Evening 4-6pm

14th December
Year 7 Parents' Evening



Year 12 Student Represents Great Britain!

We'd like to wish the best of luck to Hannah in Year 12 who has taken a few days out of school this week to travel to the beautiful city of Brno in the Czech Republic to represent Great Britain at the EU Nations Water Polo Tournament. Despite her young age, Hannah is competing alongside senior players in the adult competition. She will face teams from Sweden, Wales, Slovakia and Czech Republic in matches contested on Friday, Saturday and Sunday before being back in class on Monday! You can [follow all the action here](#).

SIXTH FORM OPEN EVENING
7 DEC
4-6PM



Congratulations to Young Writers!

Very well done to all 27 of our final entrants in the Young Writers' "This Is Me: I Am" poetry competition for 11-18 year olds. All of the students had their entries selected for publication in the competition anthology. Congratulations to all, and look out for the next writing competition soon.



Year 10 Student Rises Up The Rankings

Freya in Year 10 is making incredible progress pursuing her special talent of Taekwondo. Following some recent tournament successes she is currently at number two in the national rankings for her age and weight category! We're hugely proud of her achievements and will keep you

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posted with her ongoing progress. Well done Freya!



O Christmas Tree!

As we enter the first week of Advent we need to thank our premises team for erecting and lighting our beautiful Christmas tree. Standing in the student reception area the tree is passed by all students throughout the day who can enjoy the sight and scent!

JUNIOR
✠ 1804
SOCIETY

Meet The Team

This week, our Junior 1804 member introduction comes from our Celebration Coordinators. Isabelle, Oliva and Grace's would like their roles to celebrate all events, pupil achievements and to live out our Notre Dame Values. Isabelle, Olivia and Grace are hoping that their influence will have an impact on the rewards students gets in school and how they're celebrated. We look forward to hearing more of their ideas in future meetings!



Live simply, sustainably and in solidarity

Focus: Live sustainably

Often, the fruit and vegetables we eat have travelled hundreds of miles before reaching our plate. This creates more carbon emissions and pollution due the air, sea and road travel necessary to transport the goods.

Tip: Live sustainably

Buy local. Where you can, buy fresh, local food to eliminate the long distances travelled and preserve nutrients and flavour.

Dear God, deepen our gratitude for all you have made and awaken in us a renewed commitment to care for the earth and each other.

Amen



Year 12 Subject Spotlights

We understand that selecting options for further study can be a tricky one. There are often new subjects to choose from, questions about which topics will be studied in more depth and whether or not the course will support students in their next steps, whether they intend to go to university, enter employment or take up an apprenticeship. With this in mind, over the coming weeks

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Year 11 students will be able to watch a short subject spotlight to learn more about studying it at advanced level. This week our subject spotlight is Philosophy and Ethics. To watch a spotlight video, [click here](#).



Women in Leadership

This week Year 10 students attended a Women in Leadership presentation delivered by Jenny Taylor, Director of Nursing at Broadgreen Heart and Chest Hospital. Jenny is a former student and her daughter Chloe, also a former student, plays for a top-level football team in America. Jenny was joined by a team of medics who shared their experiences and offered valuable insights into career progression routes.



Youth Sports Trust

On Wednesday 29 November a representative from YST met with St. Julie's staff to discuss participation rates in sport and the importance of leading a healthy and active lifestyle. Sports captains met with the representative and will take part in a research project to support increased participation rates in sport.



Year 11 Mocks

Students have demonstrated great resilience, dedication and commitment to formal mocks. Only one more week to go! Well done to all students.



Report Harmful Content Tool

The St. Julie's website now features a button for reporting harmful content found on any website. The button links to a reporting tool hosted by the Internet Watch Foundation and UK Safer Internet Centre.



The Big Ambition Survey

The Children's Commissioner for England, Dame Rachel de Souza, has launched **The Big Ambition**, a national survey of children and young people across England. **The Big Ambition** aims to hear from children across England on what they think is important! In the lead up to the next General Election, the Children's Commissioner wants to take children's thoughts, opinions and ideas to decision-makers, to make sure that the Government hears young people's voices on what they think needs to be done to make

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children's lives better in England. Students are invited to share their views by completing this survey, which can also be completed by adults on behalf of their children. **The Big Ambition** survey will be open until Friday 15th December - [click here to watch a short video](#) about it all.



Applications for Sixth Form Now Open!

The application window for students wishing to enrol at St. Julie's Sixth Form in September 2024 is now open. Students currently attending St Julie's can [apply here](#), and external candidates can [apply here](#).



December Liverpool Parenting Newsletter

The Liverpool Parenting newsletter for December has [now been published](#). You will find new information to support Parents/ Carers, Families and children in Liverpool during the Month of December. Along with information regarding events and activities on offer. The Newsletter includes

information on services that can support parents during the month of December and into the New Year.

- Family Hub and Children Centres
- December Events Across The City for Families
- Winter health support
- Childcare
- Debt Advice
- Domestic Abuse
- Education Wonderhub Activities
- Employment Support and Adult Learning opportunities
- Foodbanks
- Mental Health
- Money Management and Financial help
- Parenting Programmes
- Parental Mental Health
- Support for Fathers



Winter Water Safety Advice

Please [click here for some safety information](#) for being around water during cold winter weather.

Year 7 Parents' Evening

Year 7 Parents evening is taking place on Thursday 14th Dec 3.30pm - 6.30pm. This is a face to face event. The booking system goes live to parents on Wednesday 29th Nov and is left open until Wednesday 13th Dec. Further details on how to log on to make your appointments will follow.

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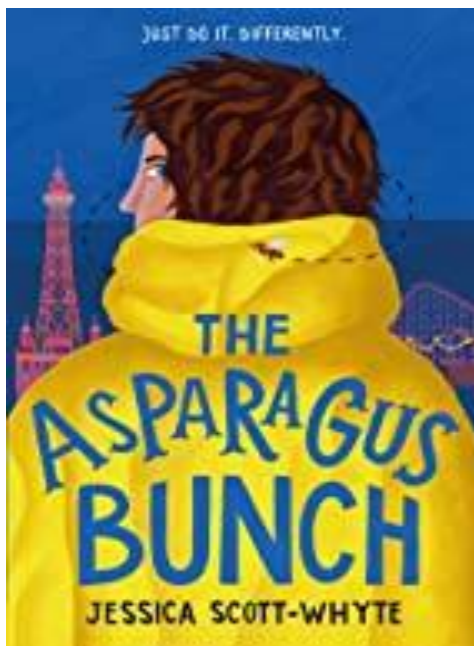
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A Busy Week for Netballers

We'd like to give a huge well done to the Year 8 Netball team who have competed twice this week. Their successes include being 3rd in the City Championships and being currently unbeaten in the City League with huge wins of 12-0 and 14-0 and 6-3 over some really tough opposition.



Recommended Read for December

If you're stuck for reading inspiration why not take a look at our recommended read? This month we're suggesting 'The Asparagus Bunch' by Jessica Scott-Whyte.

Leon John Crothers is 4779 days old (thirteen years and one month, if you're mathematically challenged). He has been 'moved on' from six different schools and most people think he has an attitude problem. Leon doesn't care for the label, in the same way that he doesn't care for Tim Burton, supermarket

trolleys, train fanatics or Bounty bars.

This time, however, things may turn out differently, as help comes from where he least expects it – Dr Snot, a physician at pains to help Leon navigate 'normal' and classmates, Tanya and Lawrence, who both face their own challenges. When school bully Glen Jenkins humiliates Leon in the school canteen and almost destroys Lawrence, Leon very reluctantly agrees to the formation of a club, The Asparagus Bunch.

How Leon manages to navigate school woes and family drama – and astonishingly ends up with not one but two friends – is nothing short of a miracle, or maybe just simply down to being different.



Training Opportunities With CAMHS

Members of the Liverpool CAMHS Partnership design and deliver an ongoing programme of free, bite-size training opportunities.

Underpinned by therapeutic models, Liverpool CAMHS Training is designed to educate and empower parents and carers as we strive to improve the knowledge and understanding of mental health among children and young people.

[Click here to visit the training calendar](#)

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Faith In Action Award

Our Chaplain is launching the Faith In Action Award after half term. FAITH IN ACTION is a nationally recognised award that encourages young people to take their service of others into their wider community and accept greater responsibility for their faith in action. Participants collect credits of service in their parish and / or school and the wider community ('home' and 'away'). There are four levels of award: Pin - Discovery, Bronze - Service, Silver - Leadership and Gold - Innovation, but as some primaries work towards Pin, our students will begin with bronze. Each year, participants can build on their previous level achievements to help them become confident young leaders. More information about each award level can be [found here](#) or [email our chaplain](#).



Feeding Liverpool Support Page

Feeding Liverpool have compiled a list of useful Liverpool-based Christmas Food Support services and resources for the Christmas and New Year period. Details can be [found here](#).



Working together to improve school attendance

Being in school and having the best attendance possible underpins all the many benefits of school for your child, such as their learning, wellbeing and wider development. For some children, attending school every day will be harder than for others. This is why schools, and local councils in some cases, are committed to working together with families to solve problems and support your child's school attendance.

[This guide from the Children's Commissioner](#) covers two areas:

- parents' responsibilities¹ for school attendance and what you need to do when your child needs to be absent.
- How schools and local authorities will work with you to support your child's attendance.

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.

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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 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](#).

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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.

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 at home at no cost. You can find out more about how to complete the installation in this [remote learning guide](#).