



St. Julie's Catholic High School

Weekly Newsletter

Week Beginning 5th February 2024

Forthcoming Dates for your Diary

- 8th February
Year 11 Parents' Evening
- 9th February
Students finish at 3:15pm for Half Term



A Letter From Our New Headteacher

As we welcome our new Headteacher into post Mrs McCourt has started her new tenure with a letter to all parents and carers setting out her vision for the school. You can find a [copy of the letter here](#).



SND Foundation Day!

The 2nd February sees the church feast of the Presentation of the Lord, but also marks the day that the Sisters of Notre Dame were founded in 1804! We celebrated the day with reflections, positive activities, and a delicious cupcake for every single student and staff member decorated proudly with our school badge!



A Message From The Holy Land!

You may remember that in December we sent Christmas cards to churches in the Holy Land. We've had a lovely reply back from Fr Fares Siryani of Our Lady of the Rosary Catholic Church in Kerak, Jordan. You can read his message and see the lovely photos he sent in the [full story on our website](#).

ST. JULIE'S
STUDENTS
WHO ARRIVE
ON TIME
HAVE
HIGHER
READING
ABILITY

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Netballers Win Again!
A huge well done to our Year 8 netball team who beat Rainhill 14-7 in a match on Wednesday. They still remain undefeated in the city league. A special well done to Grace who received 'Player of the Match'.



Trustee Visit From Sister Margaret Walsh
We were delighted to receive a visit from Sister Margaret Walsh SND this week, who is a valued member of our Board of Trustees and a great friend to our school community as well as a former Chair of Governors at St. Julie's. Sister Margaret was visiting our new Headteacher and staff and students are always very happy to see her in school.



Kooth Presentation for Parents and Carers
Thank you to all of the Parents and Carers who joined us for our Kooth



Live simply, sustainably and in solidarity

Focus: Live Simply
Meat production is one of the most significant contributors to global warming, releasing two powerful greenhouse gases, methane and nitrous oxide. Cutting down on your meat intake for even a few days a week would be a positive contribution to reducing GHG emissions. Not only that, but it's a great way to experiment with new healthier recipes.

Tip: Live Simply
Try more veggie meals. Why not give some vegetarian dishes a go? Try some of these recipes from [BBC Good Food](#).

Dear Lord, help us to live more simply so that others may simply live.
Amen.

information event on Monday this week. If you weren't able to make it we can still get you some valuable information about Kooth. Please contact Dr Adams-White at jadamswite@stjulies.org.uk if you would like to know more.



Pilgrimage Cake Sales Raise Almost £300
Julia and Lucy in Year 11 held their second cake sale to raise money to

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attend the Archdiocesan Lourdes Pilgrimage in July. Cookies, Rocky Road, Krispie cakes and cup cakes were on sale at break and across the two cake sales they have managed to raise £292.11 which will be split to go towards their £700 cost of the trip. Keep your eyes peeled for more fundraising events after half term!



Safeguarding Sentinel

Your safeguarding newsletter from St Julie's Catholic High School
Lent Term 2024

ANTI-BULLYING ALLIANCE

Antibullying Alliance Resources

We were delighted that our OFSTED report of May 2023 stated the following:

"Pupils and students enjoy their learning and they feel safe at school. They know that staff care for them and will listen if they are worried about anything. Leaders do not tolerate bullying or harassment of any kind. They deal with any incidents appropriately."

As part of our commitment to continue to develop how we aim to prevent and respond to instances or allegations of bullying behaviour, we have teamed up with the Anti-Bullying Alliance (ABA). All staff will be completing a series of training modules over the coming months and our Anti-Bullying Policy is being updated in light of this, with input from pupils.

ABA also offer an online Anti-bullying information tool for parents and carers.

This tool will help parents if they:

- are concerned that their child may be vulnerable to bullying at school
- are worried that their child might be getting bullied
- are aware that their child is being bullied
- think or know that their child is bullying others
- just want to learn more

The tool can be [found here](#).

You can just take the lessons that are of particular interest to you or complete the whole course. However, we recommend taking the lessons in order to get the most out of this course.

This course includes lessons on the below:

- Part 1: What is bullying?
- Part 2: The rules involved in bullying
- Part 3: What to do if you think your child is being bullied?
- Part 4: What to do if you know your child is being bullied

Part 5: What to do if you think your child might be bullying others

Part 6: What should the school be doing?

Part 7: How to make a complaint about bullying at school

Part 8: Cyberbullying (Online bullying)

They offer a further tool on Restorative Thinking and Positive Relationships: preventing and managing conflict.

This tool will help if you:

- are concerned about spending a lot of time with family members at home, and the impact this can have on our relationships
- are worried that your family might be falling out more
- want to find out about simple relationship techniques
- just want to learn more about positive relationships

You can just take the lessons that are of particular interest to you or complete the whole course. However, we recommend taking the lessons in order to get the most out of this course.

The tool can be [found here](#).

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For urgent out of hours concerns you can email safeguarding@stjules.org.uk

Coming Soon: Safeguarding Newsletter

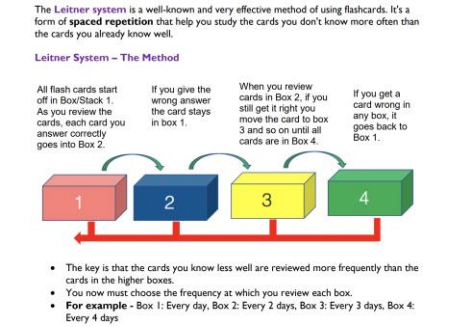
Parents and Carers will shortly receive a copy of a regular safeguarding letter that consolidates information that we put out through other channels into a single handy resource. Keep an eye on your inbox for some handy tips.



Exam skills session - In the Mind of the Young

Year 13 took part in an exam skills workshop this week. The session was delivered by student coach Steve from 'In The Mind of the Young' and explored a variety of brain based approaches to learning

and memory. Applying research from the fields of cognitive, neuro and sociological science, activities are designed to improve academic performance and encourage students to know the difference between high vs low value work; and memory acquisition. One of the techniques explored was the Leitner System which relies on spaced repetition below. We'd like to thank Year 13 for their engagement and Steve for his top tips.



A Level Taster Sessions

Our A Level taster session programme has begun, allowing students to get a flavour of what an A level lesson feels like. The schedule is below, and all sessions take place in the associated department area.

Date	Subject
Tuesday 6th February 2024	Spanish
Tuesday 20th February 2024	Business Studies
Thursday 22nd February 2024	Maths
Tuesday 27th February 2024	Sociology
Thursday 29th February 2024	Criminology
Thursday 7th March 2024	History and Politics
Thursday 15th March 2024	Geography and Tourism

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Wellbeing Award Survey

Our school is currently working to achieve a school improvement award. In order to evaluate our current provision, we need your input. Your views are important in helping us understand what we are doing well and how we can do even better. Please click here to complete the survey which should only take a couple of minutes. The submission window closes on 9th February, and if you have any questions about this survey please [contact Dr Adams White](#).

Careers Updates

Springpod have updated their work experience programmes into a single document that you can easily [view here](#). You can find out more at our [dedicated Careers website](#).



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](#).



STEM Club Rockets Off!

Students in our STEM club have continued their experiments in converting air pressure to thrust, this week with rockets launched from straws. The gallery stairs

served admirably as our Cape Canaveral!



Recommended Read for February

If you're stuck for reading inspiration why not take a look at our recommended read? This month we're suggesting 'Bone Music' by David Almond.

She felt like a ghost. She woke in the night. What was that music?

Sylvia has never been so far away. Her mother has brought her to this village, this place of silence and dark, endless forest, and she yearns for the city, the bright lights, her friends, even a phone signal. Late one night she hears the music, a weird jagged spiralling sound. It is played by Gabriel, a troubled, beautiful boy.

Gabriel uses the strangest of flutes, a hollow bone. Play it well enough, he says, and you cross the borders between the living and the dead. Sylvia knows she'll follow him into the depths of the forest. But will they ever find their way out again?

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

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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 basic necessities for you and your

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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](#).

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

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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](#).