



St. Julie's Catholic High School

Weekly Newsletter

Week beginning 5th October 2026

Forthcoming Dates for your Diary

7-8th October
Notre Dame
Conference
Hosted at St Julie's

Throughout October
Black History Month
Month of the Rosary

23rd October
INSET Day 2



Year 11 Prefect Inauguration

Congratulations to our Year 11 Prefects who celebrated their inauguration at a ceremony on Thursday in the school Chapel. The students undertook a rigorous process of application forms, interviews and staff endorsements to be successfully appointed to the role. The role presents a fantastic opportunity for the students to demonstrate their student leadership and bring the charism of St. Julie to our student community through their deeds. We look forward to working with them throughout the year.



Win for Year 10 Golfer!

Congratulations to Scout in Year 10 for her recent victory in the Lancashire Schools Girls' Golf Championships. Representing St. Julie's, Scout won the event with a fantastic gross score of 1 over par! This victory means that Scout has now qualified for the National Championships in May, where we'll all be wishing her the best of luck!



Supporting Childhood Cancer Awareness Month

As part of Childhood Cancer Awareness Month, a group of Year 9 students organised a fundraising event this week to raise both awareness and funds for Alder Hey Children's Charity. The initiative encouraged students and staff to wear yellow ribbons as a symbol of support for children and families affected by childhood cancer.

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Thanks to the enthusiasm and generosity of our school community, an impressive £278.54 was raised for Alder Hey Children's Charity. This fantastic achievement will help support the vital work carried out by the charity while also raising awareness of an important cause.

A huge well done to the Year 9 students for organising the event, and thank you to everyone who contributed and showed their support. Your kindness and generosity have made a real difference.



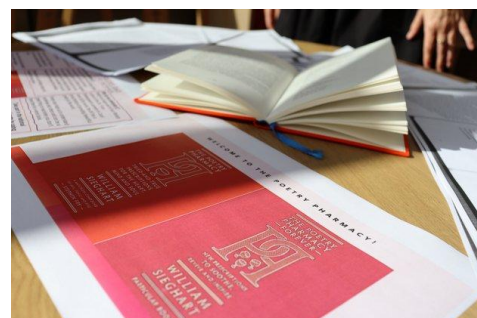
Meet The SENDCo!

On Wednesday this week we hosted our first 'Meet the SENDCO' event of the year, where we welcomed some of our newer parents into school. The event offered parents the chance to meet the Learning Support team, find out more about what we can offer and learn more about other services available to our students. Importantly, the event also gave parents a chance to talk to each other in a relaxed environment. Thank you to all of the parents who joined us for the event and it was wonderful to see such enthusiastic engagement. We hope our guests found the event as helpful as we did.



Year 7 Party on!

Last Friday, just after our newsletter went to press, students from Year 7 gathered in the Performing Arts department for our annual welcome party! The party gives students an opportunity to spend time with each other in a different context and hopefully spark a few new conversations! The fun evening saw music, dance, glow sticks, balloons and lots of chocolate, and a great time was had by all! Thank you to the Performing Arts department for throwing a great party, and to staff from across the school who stayed to support the event!



Celebrating National Poetry Day

On Thursday we celebrated National Poetry Day – held on the first Thursday of October since 1994 – with a 'poetry pharmacy'. Poetry is a huge part of our literary culture in the UK. From Shakespeare's sonnets to Carol Anne Duffy's work, the UK has a proud history of providing beautiful poetry to the world. Our pharmacy was inspired by the collection of poems by William Seighart which provides a poem for any emotion you could be feeling on a given day and the relevant poem is 'prescribed' to help you to understand that feeling.

Sixth Form spotlight!

In preparation for our Sixth Form Open Night this term, we wanted to take the opportunity to shine a spotlight on the subjects offered at St Julie's Catholic Sixth Form. This week, we wanted to showcase some of our most creative and dynamic A-level subjects.

In *Art* students explore a range of techniques and media, building impressive portfolios and developing visual storytelling skills — ideal for [careers in design, illustration, or architecture](#). Examples of former students' fabulous art work can be seen in the Sixth Form LRC and Common Room area, showcasing the talent and creativity of our students.

Fashion & Textiles fosters creativity and practical skills in garment design and construction, opening doors to fashion design, costume creation, and interior design. To learn how a dress goes from design to Dior, [click here](#).

In *Drama*, students hone performance, script analysis, and production skills, preparing for pathways in acting, directing, or stage management. To learn more about the benefits of studying Drama, [click here](#). Last week our Drama students were delighted to have performed their festival winning piece 'Wrong Place, Wrong Time' at the Merseyside Violence Prevention Graduation. The theatrical debut of the piece at the recent NOW Festival was professionally filmed and the performance will soon be available for viewing in the MYA channel on Youtube!

A level *Dance* develops expressive movement and choreography, with opportunities in performance, teaching, and fitness industries. Recently, dancers in our exam classes performed three pieces at the Dream Productions 'Stage Full of Stars' show at New Brighton's Floral Pavilion. Our A level dance students performed a group piece focusing on contemporary dance technique. This choreography was inspired by contemporary choreographers who have shaped the dance world as we know today, such as Martha Graham, Merce Cunningham and Glen Tetly.

Music encourages composition, performance, and theory, leading to careers in music production, performance, or education. Our course provides students with practical experience to help them develop the skills and knowledge that will equip them for employment within this broad and competitive sector, whether they wish to pursue a career in performance, management or production. If you want to know more about why you should study Music, [click here](#).

Finally, *BTEC Sport* offers students practical and theoretical knowledge in sport science, fitness, and coaching, supporting future roles in sports management, physiotherapy, and personal training. If you'd like to know Four Secrets from Sports Psychology that you can use in everyday life, [click here](#).

Across all these subjects, students gain valuable transferrable skills: creativity, communication, collaboration, problem-solving, and resilience, preparing them for success in any career or life path they choose.

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Stand Up To Racism

2026 is the 12th Anniversary of Wear Red Day. Liverpool City Council is encouraging all schools, colleges and workplaces to take part in Wear Red Day 2026 on October 16th 2026 and help Show Racism the Red Card with their fundraising drive. We’re inviting all pupils and staff to wear a red accessory and take the opportunity to reflect on how we can challenge discrimination and celebrate the diversity that makes our school stronger. Together, we can make a positive difference.



Lights, Camera, Action!

Year 10 GCSE students got a taste of location filming this week as they took part in a short film written and directed by Beck Downing and produced by First Take Film Company. The film has been created as part of First Take’s Reel Queer initiative, aimed at empowering LGBTQIA+ through digital art with the message of ‘you can’t hide who you really are’. The completed film will be shown at

some private screenings and entered in festivals including the Homotopia Festival. This was a fantastic opportunity for our students to learn about being on set and the nuanced art of acting for the camera.



The Big Future Survey

The Children’s Commissioner, Dame Rachel de Souza, is appealing for young people and children to make their voices heard in the ‘Big Future’ survey. If you would like to share your views, aspirations and the things that are important to you then you can [find the survey here](#).

Using GCSE Pod

GCSE Pod is a great revision resource with information presented in bite size chunks. The quick guide for students [can be found here](#) and the guide for parents [can be found here](#).

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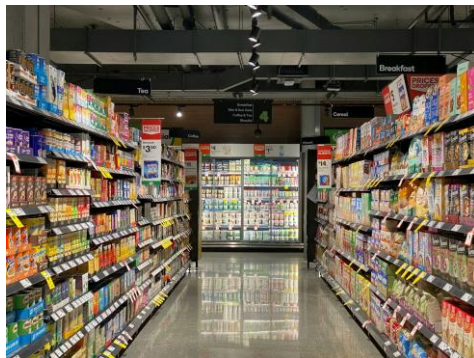
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Careers: Sainsbury's KickStarter Scheme

Sainsbury's KickStarter scheme brings together two connected pathways designed to support young people at different stages of their journey:

KickStarter Explore (14–18 years)

A blend of in-school learning and practical work experience, co-designed with The School Outreach Company. The programme will help young people build confidence, develop workplace skills and discover the wide range of careers available at Sainsbury's and the wider retail sector.

KickStarter Insights (16–24 years)

This programme is co-designed and delivered in partnership with Sainsbury's Early Careers team, youth employment charity Movement to Work and specialist partner Aim a Little Higher. These regional employability workshops will help young people strengthen communication skills, prepare for interviews and applications and take their next step into work. To find out more [click here!](#)



Careers: Opportunities for Students Aspiring to Healthcare Professions

We've got details on a range of forthcoming opportunities available for Allied Healthcare.

Allied Healthcare Virtual Work Experience

Mentorverse is holding their next NHS Allied Healthcare Virtual Work Experience Programme this Sunday, 4th October, from 8:30am – 5:00pm.

This is an opportunity for students to explore the breadth of careers available across healthcare while gaining valuable work experience from home.

Throughout the programme, students follow patient cases and learn how different healthcare professionals work together as part of a multidisciplinary team.

Students will explore careers including:

- Nursing
- Midwifery
- Paramedicine
- Physiotherapy
- Occupational Therapy
- Dietetics
- Radiography
- Speech and Language Therapy
- Prosthetics and Orthotics
- Pharmacy

Students in Years 10 – 13 can start gaining experience early, giving them plenty of time to explore different professions and reflect on what they learn.

Register here: [Interactive Virtual NHS Healthcare Careers Work Experience Programme – Allied Healthcare Mentor](#)

Get Into Medicine Conference

For students aspiring to become doctors, their FREE Get Into Medicine Conferences provide a comprehensive introduction to the medical application journey and the steps they can begin taking now.

Students and their parents will receive guidance on:

- Medical school applications and university choices
- UCAT preparation and application strategy
- Medical work experience and

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reflection

- UCAS and personal statement preparation
- Medical school interviews
- Scholarships, awards and further Medic Mentor opportunities

Upcoming October conferences:

- Saturday 3rd October
- Sunday 4th October

Register for FREE: [Get Into Medicine Conference Sign Up – Medic Mentor](#) Further guidance can be found here: [Become a Medic Mentor Student Teacher Version – Medic Mentor](#)

Get Into Dentistry Conference

This FREE Get Into Dentistry Conference gives aspiring dentists the chance to understand what makes a strong dental school application and how they can begin building one.

Alongside guidance on the application process, students and parents will learn more about choosing dental schools, preparing for the UCAT, gaining meaningful dental work experience, strengthening their UCAS application and preparing for interviews.

Next conference:

- Saturday 17th October

Register for FREE: [Get Into Dentistry Conference Sign Up – Dental Mentor](#)



Chaplaincy Ministry

Calling all Year 7 students!

- Do you enjoy singing?
- Do you play an instrument?

- Are you a confident reader who likes reading in public?
- Are you an Altar Server?

If so, then come and join our Chaplaincy Ministry Team! Our team is currently about ten students from across Y8, 9 and 10 who lead music and support the liturgy at all our school Masses and special services. We would like to invite any Y7 students who are interested to come and join us in serving others through their gifts and talents! Meet new people! Have fun! Learn new skills! Grow in confidence! See Miss Higgins – Chaplain – for more information.



Responsible Parking

Please [click here to read a copy of a letter](#) circulated by Mrs McCourt referring to parking and stopping whilst picking up and dropping off students.



GCSEPod for Parents

GCSEPod is an online learning and revision platform designed to help students revise their GCSE subjects through short, engaging videos, quizzes and other revision activities. You can [find a parents' guide full of tips for supporting your child with GCSEPod 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](#).



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 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.

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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 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

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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)

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

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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](#)