



St. Julie's Catholic High School

Weekly Newsletter

Week Beginning 6th May 2024

Forthcoming Dates for your Diary

6th May
Bank Holiday

7th May
Year 6 Interviews Begin

9th May
Commencement of Exam Season



St Julie's Triumph At National Football Tournament!

This week we sent a team to the Girls' Football Festival – a national tournament organised by Girls' Schools Association and Independent Schools' Football Association and hosted by King's High in Warwick. St Julie's were the only state school competing but our players were determined to play their best and have fun doing it. Their reward was completion of the entire tournament with an unbeaten record, emerging as tournament champions! Congratulations to all of the players for their resilience, commitment and sportsmanship!



Exploring the 'Life of Pi'

On Wednesday evening Year 9 GCSE Drama students had a great introduction to their new course as they went to the Liverpool Empire to enjoy a performance of 'The Life of Pi'. Puppetry, magic and storytelling combined in a unique, Olivier Award-winning stage adaptation of the best-selling novel. Students are already looking forward to their next GCSE theatre trip.



Digital Leaders Get Badges of Recognition

Our Team of Year 8 Digital Leaders celebrated this week as they received their digital leader badges in assembly. The team have been recognised for their hard work and talent for Computer Science. Throughout the year they will continue to attend trips and events centred around Computer Science development.

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



Our school community has been deeply saddened by the passing of Sister Teresita Weind, SNDdeN. As Congregational Leader of the Sisters of Notre Dame de Namur she understood the responsibilities faced by St. Julie herself in leading, inspiring and caring for a truly global team of servants of God, dedicated to education.

Despite the heavy burden of her international duties, Sister Teresita made two visits to our school during her tenure as general leader. The first in 2011, and the second in 2018 to celebrate the formal opening of our building.

On both occasions Sister Teresita made every moment count, joining us in working, socialising and in worship. With every person she met she showed tremendous grace, kindness and humility, making every person feel valuable and valued.

At St. Julie's her name is engraved in the marble stone of our peace tower. We will remember her.



Sister Teresita Weind, SNDdeN July 6, 1942 - April 28, 2024

Sr. Teresita Weind, SNDdeN, Congregational Leader of the Sisters of Notre Dame de Namur (SNDdeN) for 14 years, died on April 28, 2024 at 81 years of age, after some months of illness at Mount Notre Dame Health Centre (MNDHC) in Cincinnati, Ohio. A Catholic Sister for sixty-four years, she had served two terms in General Leadership, from 2008-2014, and 2014-2022 in Rome, Italy. She was the 19th Superior General of the SNDdeN Congregation, known, praised and loved internationally for her charismatic, spiritual Leadership in her Religious Congregation as well as with other Women Religious. Throughout her two mandates, Sr. Teresita participated frequently in Rome with the International Union of Superiors General (UISG).

Sr. Mary Johnson, SNDdeN, Congregational Leader and 20th Superior General, and the Congregational Leadership Team speak for the Sisters internationally: *"We are grateful forever for Sr. Teresita's generous sharing with us of her abundant gifts as Congregational Leader for fourteen years. The depth of her spirituality and the breadth of her vision continue to inspire us in all that we can be as Sisters of Notre Dame de Namur, serving on five continents. Her extraordinary life and ministries constitute an enduring legacy of love."*

Sr. Teresita's Leadership was grounded in "Lovingkindness," in a prophetic spirituality through which she led her Sisters before, among and behind all of them internationally! She had the gift and spiritual depth to inspire, uplift and animate others with the wisdom and guidance of the Holy Spirit. Her homilies at liturgical celebrations, her letters and writings and her conferences delivered at celebrations and special events exemplified a rare gift of God. At times, she raised many spirits with her spontaneous song. In her being and presence, she communicated profoundly her life's convictions as a disciple of Jesus, a daughter of the Church and Shepherd Leader for the Sisters of Notre Dame de Namur.

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Year 10: [Miss E Murphy](#)

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Cheerleading Captain Competes Internationally!

Congratulations to Hollie in Year 8 who has recently captained the Airborn Allstars Delta cheerleading team at the world championships in Florida! The team is made up of 16 athletes who live across the north west and they regularly compete in events across the country. The sport is fiercely competitive, and qualifying for the World Championships is very difficult. It was very satisfying for the team to earn qualification here in Liverpool at one of the country's biggest events which was held at the M&S Arena. The team competed in the Under 16 category, making Hollie one of the youngest members of the squad and we are all particularly proud of the leadership she has demonstrated to earn Captaincy. Despite a strong performance, the team's tournament this year ended in the semi-finals, with only two teams from the UK progressing through to the final rounds. Well done to Hollie and the whole squad for representing themselves and our city so well.

Live simply, sustainably and in solidarity

Focus: Live Simply

Avoid falling into the trap of buying lots of food for the week and then forgetting or leaving it in the fridge to go off!

Tip: Live Simply

Save money and wasting food by planning your weekly meals before you go shopping! Plan meals where you can always use leftovers for lunch or as part of another meal in the week. Plan carefully and only buy what you need!

Lord, help me to remember how fortunate I am to have food on my plate, when so many around the world go hungry. May I value and prepare food with gratitude. Amen



The Trials Of Year 8!

Last week saw a group of Year 8 students visiting Manchester Metropolitan University to participate in a moot court mock trial about hate crime. The experience helped garner an immersive understanding of how a court works, in both the procedural and practical sense. Students also benefited from a visit to the museum to explore the many exhibitions which included a very popular dinosaur exhibit! Thank you to all of the students for engaging so well with the activity.

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Year 11 Masterclasses

One of several initiatives for student support during the exam season is a series of masterclasses that run throughout the entire season for students in Year 11. A copy of the entire schedule is [available for parents here](#).



Students Support Lourdes Pilgrims

Our student community have shown their continued support for our Year 11 Lourdes Pilgrims with another popular cake sale. At break time on Thursday this week, students flocked to pick up a tasty treat that will help to send Julia and Lucy on their way. Thank you to everybody who supported the sale, either by baking or buying!



Year 8 Options Evening

On Thursday 06 June 2024 from 5pm to 7pm there will be a presentation in the Dorothy Stang Theatre at 5.45pm and again at 6.15pm for pupils in Year 8 and their parent/carers. During the presentation we will explain the Key

Stage 4 curriculum, the options process and the subjects on offer. The rest of the evening will consist of a subject marketplace in the sports hall, where pupils and parents will have the opportunity to hear more about the courses on offer at Key Stage 4 from specialist subject staff. Parents of students in Year 8 should have received a [copy of this letter](#), which includes a reply slip.

Year 10 Chemistry Revision Sessions

The planned day for Year 10 Chemistry revision sessions with Mrs Jones has moved from Tuesday to Wednesday. Revised dates and topics are below:

Date	Topic
8/5/2024	Ionic Bonding
15/5/2024	Covalent bonding
22/5/2024	Giant Covalent structures
5/6/2024	Metallic Bonding
12/6/2024	Balancing equations
19/6/2024	Relative formula mass
26/6/2024	Moles- Higher
3/7/2024	Limiting Reactants- Higher
10/7/2024	Concentration of solutions

Safeguarding: Financially Motivated Sexual Extortion

As you may be aware from media reports, all schools in the UK have recently been sent information from the National Crime Agency, raising awareness of the recent rise in reporting of financially

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motivated sexual extortion (a type of online blackmail often known in the media as 'sextortion'). This week Mr Willis circulated a letter to all parents with information about this crime and guidance on how to respond. You can [find a copy of this information here](#).

Safeguarding: Online Purchases

Alder Hey Children's Hospital have raised with schools a concern about the website Shein. A CAMHS practitioner has shared that a young person aged 13 managed to purchase a tattoo kit from Shein for £5 and now has a permanent tattoo on her wrist. Parents have sought medical attention and to check that it hadn't become infected. The CAMHS practitioner has asked the child's mother to report this to Shein. It appears that the Shein website still has a number of kits on sale and it also appears that cheap tattoo kits are available from the likes of Ali Express and other sites. Please remain vigilant with regard to your child's online activity, especially any purchases.



Reach PLC National Trust Offer

Newspapers in the Reach PLC group, including the Liverpool Echo, are offering free National Trust family passes as part of a promotion. You can find more details from the [Money Saving Expert website](#).

ADDvanced Solutions Community Network Sessions

Wednesday 8th May 2024 5:00pm – 6:30pm Separation Anxiety: Separation Anxiety is common amongst young children, but can be prevalent in neurodiverse children and young people. Come along and ask any questions you may have.

Wednesday 15th May 2024 5:00pm – 6:30pm Autism with Demand Avoidant Profile: Autistic children and young people will have a degree of demand-avoidance due to their levels of anxiety. Behaviour associated with autism with a demand avoidant profile can be challenging and requires a non-confrontational approach. We will discuss how to adopt this approach for our neurodiverse children and young people.

Monday 13th May 2024 9:30am – 11:00am Introduction to Autism: Our topic for discussion this week is Autism (ASD). We will be looking at the characteristics that indicate a diagnosis of Autism Spectrum Disorder, how autism can present differently in individuals, and identifying strategies to support autistic children and young people.

Monday 20th May 2024 9:30am – 11:00am Autism with Demand Avoidant Profile: Autistic children and young people will have a degree of demand-avoidance due to their levels of anxiety. Behaviour associated with autism with a demand avoidant profile can be challenging and requires a non-confrontational approach. We will discuss how to adopt this approach for our neurodiverse children and young people.

Belle Vale sessions

Tuesday 7th May 2024 9:30am – 11:30am Embedding Routines at home: Do you struggle to get routines in place at home? This week we will be looking how to support our neurodiverse children

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and young people by creating effective and sustainable routines for our families.

Tuesday 14th May 2024 9:30am – 11:30am Autism with Demand Avoidant Profile: Autistic children and young people will have a degree of demand-avoidance due to their levels of anxiety. Behaviour associated with autism with a demand avoidant profile can be challenging and requires a non-confrontational approach. We will discuss how to adopt this approach in this session for families.

Tuesday 21st May 2024 9:30am – 11:30am Neurodevelopmental Conditions and Toileting: This session will consider toileting issues specifically around neurodevelopmental conditions. Come along with any questions or concerns you have and we will seek to work towards a solution together.



Recommended Read for May

If you're stuck for reading inspiration why not take a look at our recommended read? This month we're suggesting 'The Notorious Scarlett and Browne' by Jonathan Stroud.

Scarlett McCain and Albert Browne have outwitted their pursuers and escaped into the wilderness once more, and it's not long before they

become famous for their audacious heists across the Seven Kingdoms. Yet neither is fully able to escape the shackles of the past – as they discover when a dangerous job turns sour.

Soon old enemies and sinister new threats are pressing in on every side, and Scarlett and Browne must pull off an impossible mission and strike out against The Faith Houses and the Brothers of the Hand if they are to save the people they hold most dear.



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](#).

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

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 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 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/](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](#).