



St. Julie's Catholic High School

Weekly Newsletter

Week beginning 6th July

Forthcoming Dates for your Diary

7th & 8th July
Year 9 Lake District Trip

9th July
Memorial Service for Miss Knisz



Welcome To Our Newest Students!

On Wednesday we were thrilled we welcome our new Year 7 students for September on the city wide transition day! The excited but nervous students arrived and were welcomed by Mr Mottram and members of our Leadership Team and then led into the Dining Room to get to know each other! The day then started with an assembly led by Mrs McCourt and our students found out which form group they are going to be in for the next five years. Find out what happened next in the [full story on our website!](#)



School of Rock Auditions Underway!

On Monday evening, Performing Arts hosted the first round of auditions for this year's Christmas production 'School of Rock'. There were record breaking numbers as 196 talented students impressed with their singing, dancing and acting. Congratulations to all students for their hard work and effort. We look forward to the next round of auditions!



Dancers Contest Great Big Dance Off Finals!

Congratulations to our Key Stage 4 and 5 Dancers who earned a magnificent fourth place in the National Final of the Great Big Dance Off competition! Our performers staged a contemporary jazz fusion piece titled 'Peaky Blinders' and drawing inspiration from historic Birmingham as depicted in the hit show of the same name. The dancers, competing against the top 18 schools across

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the country, performed with tremendous skill and composure and missed the podium by just two marks! Well done to our performers for their wonderful achievement and being such tremendous ambassadors for our school.



Unifrog Launch!

We're delighted to share that our school is expanding its current Unifrog use to include all year groups. Unifrog is an online platform designed to help students explore career pathways, further education options, and apprenticeships. Unifrog brings all the information they need into one easy-to-use place, supporting them to make informed choices about their future. Students can research different careers, compare courses, and record their skills and achievements – all of which will help them feel confident about their next steps. For more details on how Unifrog works and how you can support your child in using it, please refer to the letter sent by Mrs Jones earlier this week.

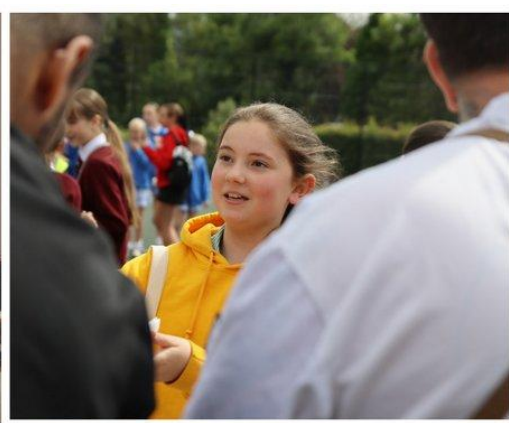


Keeping vigilant this summer

Each year, the #BeSafeBeSound campaign is used by venues, event organisers, transport hubs and businesses to make vigilance messaging visible and consistent during periods of increased activity. The campaign has been promoted by Glastonbury, Wimbledon, The O2, Wembley, Tottenham Hotspur and more. The summer months bring more people together in public spaces - from major events and festivals, to everyday travel and leisure. We all want to have a great summer, and to keep ourselves and other people safe it's good to be alert and report if you're not sure about something.

Summer Food Vouchers

As we published in the newsletter last week, changes in Government funding strategies mean that shopping vouchers for the summer holiday period **will not be issued** this year. You can [read more in the letter here](#), and find out more information about the Summer HAF programme further in this newsletter.



Transition Day 2026!
On Wednesday we had a fantastic day with our incoming Year 7 students. We're really looking forward to meeting again in September!





PSHE Drop Down Day

On Thursday we diverged from our usual timetabled activity for our PSHE drop down day. Students got to spend time with external agencies like Bullybusters, Smoke Free Liverpool, The Cells Project, the LFC Foundation and more to add some rich content to our PSHE delivery. Our students had a wonderful day and we're proud of them for engaging so well with all of the different activities, and thank you to all of our visiting guests.



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The Sign of Peace

We have a new resident in our Peace Garden this week as a wood pigeon – a member of the dove family – has chosen to nest in the branches of one of our larger olive trees, bringing a beautiful confluence of symbols of peace. The eggs usually hatch after 2 to 3 weeks and the young usually fledge after about five weeks, so we're hoping that the young family will be undisturbed over Summer.



Year 10 Work Experience

Elevate are currently uploading personalised Job Descriptions to the platform. Once complete, Year 10 students will each be given a copy of their individual Job Description which outlines key information such as: venue, main duties for the week, working hours, dress code, and learning outcomes. Work experience is more than just a line on a CV - it's a powerful way to build confidence, sharpen skills, and gain real insight into different career sectors. Whether it's a student's first step into the workplace or a chance to explore a new career path, Work Experience helps learners develop professionalism, adaptability, and

problem-solving abilities that employers value. We look forward to hearing all about their experiences on their return!



LIVERPOOL HAF Summer HAF Programme 2026

The Summer HAF programme starts on the 20th July with free activities, and a meal, for every child that attends. Children and young people, from reception to age 16, who are eligible for Targeted (benefits related) free school meals, will be able to access hundreds of activities throughout the summer holidays including SEND specific

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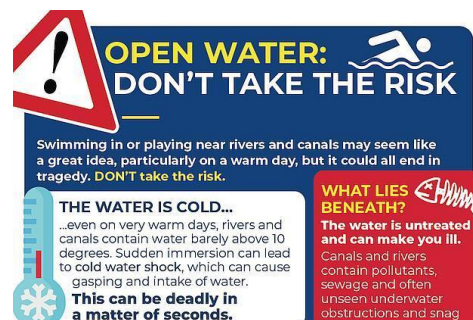
provision. There's a great range of activities across the city including **trips out, lego building, rock climbing, cooking, racket sports, sewing, painting, cycling, gymnastics, football and gardening plus much, much more.**

There will also be three HAF Family Activity Days during the summer with giant inflatables, a mini train, mini golf, dancing, singing, food, go karts to name but a few:
Wednesday 5th August at Princes Park, Wednesday 12th August at Rice Lane City Farm and Wednesday 19th August at Garston Park, 1 – 3 PM.

There is a central booking system to make it easier for you to find and book the activities. You can find out where your nearest scheme is by clicking on this link <https://eequ.org/liverpoolhaf> which will take you to the Liverpool HAF page and the easy to fill in booking system. You can search by age, provider or date. There is a handy booking help video here - [How to make a booking](#)

If you are struggling with the cost of living then please use this link for further information: <https://www.liverpool.gov.uk/cost-of-living/>

If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk. You can use this link to find out how to register <https://www.healthystart.nhs.uk/> Liverpool City Council is working with Mersey Play Action Council, the local schools, voluntary and community organisations, and childcare providers to deliver the Summer HAF programme. This programme is funded by the Department for Education. The Family Information and SEND Directory also provides lots of useful information and support for families - [FISD](#).



Water Safety from Merseyside Fire and Rescue
Merseyside Fire and Rescue Service have released the [latest version of their water safety advice](#), and it's a great resource to start informed conversations. Do please take a look and share the important points with your child.



Water Safety Information

As the weather warms up, many families will be spending more time near water – whether at the coast, rivers, lakes, or canals. While this can be a great way to enjoy the outdoors, it's important to remember that water can be unpredictable and dangerous.

It's important that everyone is aware of a [few simple steps to stay safe](#):

- Know the risks – conditions can change quickly, and it's easier than you might think to get into difficulty in open water.
- Always supervise children and young people closely around water – even if they can swim.
- Avoid jumping into unknown water – there may be hidden hazards, and sudden entry can lead to cold water shock.
- Teach children what to do if they get into trouble: Float to Live – tilt your head back,

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keep your ears submerged, relax and gently move your hands and feet to stay afloat while you control your breathing.

- Know how to call for help – in an emergency, dial **999** or **112** and ask for the **Coastguard**.

Talking to children about water safety before visiting any location near water can make a vital difference.

Further information and resources

Parents, carers, colleges, and schools can find more guidance and free resources from the RNLI and Merseyside Fire and Rescue Service:

- Water safety advice and guidance: <https://rnli.org/safety>
- Float to Live advice: <https://rnli.org/safety/float>
- Education and teaching resources for children and young people: <https://rnli.org/youth-education>
- Merseyside Fire and Rescue Service water safety advice: [Water Safety | Merseyside Fire & Rescue Service](#)

Raising awareness of water safety helps keep everyone safe and could save lives.



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

and engagement 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](#).



Responsible Parking

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



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

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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. 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 <http://learnliveuk.com/network-rail->

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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](#).

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

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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
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.EHWB@coreassets.com
07967 381 035

[Knowsley CAMHS](#) 0151 351 8610

[Kooth](#)

[Mental Health Support Teams](#)

[Zuntold](#)

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[Merseyside Domestic Violence Service](#) 0780 272 2703 mdvs.org

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[Ruby Project](#) ruby@pss.org.uk

Family support [Family First](#)

[Knowsley Family Info](#)

[PSS Prisoner Family Service](#)

[Lee Cooper Foundation](#)

[Healthy Knowsley](#)