



# St. Julie's Catholic High School

## Weekly Newsletter

Week Beginning 6th October 2025

### Forthcoming Dates for your Diary

**16<sup>th</sup> October**  
Year 7 Welcome  
Mass 6:00pm

**17<sup>th</sup> October**  
Year 7 Retreat Day  
Rescheduled from  
previously published  
date

**23<sup>rd</sup> October**  
Year 9 Parents'  
Evening  
3:45-6:00pm



### Congratulations to Our New Prefects!

On Thursday evening our New Year 11 Prefects celebrated their inauguration at a ceremony in the School Chapel. The process of becoming a prefect involves a rigorous application process, including interviews and staff endorsements. The role of Prefect is a great opportunity to develop and demonstrate leadership and service skills and we hope that all of our new prefects fulfil their roles in the finest Notre Dame tradition and values.



### Y7/8 Cross Country Team Shine in Midweek League

Congratulations to our Year 7/8 cross country team who competed in the latest round of the Midweek Cross Country League. Brilliant runs by Holly, Daniella, and Katy helped secure **1st place overall** for the Y7/8 team in this round of the competition. You can [read more here!](#)



### Year 7 Party On!

Students in Year 7 brought glow sticks and party energy on Friday evening when they enjoyed the annual Performing Arts welcome party! The event gives students the chance to spend time with each other in a different context, with all of the emphasis on fun! Partygoers had the chance to dance in a sea of balloons in the theatre, glow up in the darkened dance studio and burn

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

## Your list of contacts at St. Julie's

You can click any of the hyperlinked names below to send an email.

### Progress Leaders

Year 7: [Miss O Knisz](#)  
Year 8: [Mrs J Navarro](#)  
Year 9: [Miss C Corrigan](#)  
Year 10: [Miss V Homer](#)  
Year 11: [Mr M Mottram](#)  
Sixth Form: [Mrs R Lyons](#)

### Curriculum Leaders

English: [Mrs D Walker](#)  
Maths: [Miss M Naylor](#)  
Science: [Mr J Magor](#)  
RE: [Mrs H Dunleavey](#)  
MFL: [Mrs R Buckton](#)  
Humanities: [Miss J Rimmer](#)  
Performing Arts (including PE): [Miss A Douglas](#)  
Art and Technology: [Mrs A Bell](#)  
Social Sciences and Computing: [Mrs K Byrne](#)

SENDCo: [Miss S Jackson](#)  
Safeguarding: [Safeguarding Team](#)

## Why not visit our Websites?

[St. Julie's Main Website](#)  
[Chaplaincy Website](#)  
Chaplaincy Instagram: [stjuliesl25](#)  
[Wellbeing Website](#)  
[Careers Website](#)

off some energy with fun games in the gym. The tuck shop, serviced by our team of Sixth Form volunteers, did a roaring trade and any funds raised from the party will be used to support our Christmas production of 'Annie the Musical'. Thanks to everyone involved in making the fun event happen! You can [see some photos here](#).



### U14 Footballers Take Imperious Victory

Congratulations to our Under 14 footballers who earned an emphatic 0-9 win in the English Schools Cup. The team enjoyed the benefit of a very nearby away fixture as they made short work out of a spirited side from Gateacre. Well done to all of the players for outstanding team work!



### Year 10 Construct New Careers Awareness

On Thursday an all female team from Kier construction visited school to spend the entire day in careers related workshops with students in Year 10. Kier were the construction partner for our current building, and some of the team attending today had direct involvement in our building project. The structure of the workshops saw an introduction to the Kier Group and the manifold roles within the organisation. Students then moved into a career carousel, exploring different roles

with the team. This was followed by a fact matching and myth busting session, which led neatly into a round up of different routes into construction for women. Thanks to Leanne, Rosa, Holly, Natalie, Ellen and Claire for their time today in delivering an eye opening workshop.

### Wellbeing Award Renewal!

We're delighted to announce that following a rigorous review this week St. Julie's has met the criteria for reaccreditation of the Wellbeing Award for Schools. We'll bring you more details once we have the final assessment report, but this judgement is recognition of the hard work that goes on every day at St. Julie's to promote and secure the wellbeing of students and staff.



### Wildlife Club Feed The Birds!

Students in our new Wildlife Club have been having fun this week building bird feeders to attract feathered friends to our Peace Garden. Under the guidance of Miss Flood the students have explored two different techniques, including apple core feeders, with perches stuck into apples that are coated in a mixture of lard and seed, and bottle feeders that reuse plastic bottles that are adapted into reusable feeders. Well done to Ivy, Sophia, Gracie, Lily and Holly in Year 7 and Hannah in Year 9 for their great work! If you're interested in joining them then Wildlife Club meet after school on Tuesdays and you can speak to Miss Flood for more information!



## Your list of contacts at St. Julie's

You can click any of the hyperlinked names below to send an email.

### Progress Leaders

Year 7: [Miss O Knisz](#)  
Year 8: [Mrs J Navarro](#)  
Year 9: [Miss C Corrigan](#)  
Year 10: [Miss V Homer](#)  
Year 11: [Mr M Mottram](#)  
Sixth Form: [Mrs R Lyons](#)

### Curriculum Leaders

English: [Mrs D Walker](#)  
Maths: [Miss M Naylor](#)  
Science: [Mr J Magor](#)  
RE: [Mrs H Dunleavy](#)  
MFL: [Ms J Davey](#)  
Humanities: [Miss J Rimmer](#)  
Performing Arts (including PE): [Miss A Douglas](#)  
Art and Technology: [Mrs A Bell](#)  
Social Sciences and Computing: [Mrs K Byrne](#)

SENDCo: [Miss S Jackson](#)  
Safeguarding: [Safeguarding Team](#)

## Why not visit our Websites?

[St. Julie's Main Website](#)  
[Chaplaincy Website](#)  
Chaplaincy Instagram: [stjuliesl25](#)  
[Wellbeing Website](#)  
[Careers Website](#)



# smokefree Liverpool

## Free Online Awareness Session

Smokefree Liverpool are running free online awareness sessions exploring the effects of smoking and vaping on young people. The session covers:

- The effects of nicotine on a young person's brain.
- The dangers of smoking & vaping for young people.
- Dangers of illicit vapes & contraband devices.
- The facts about E-Cigs & Vapes
- What to look out for.
- What support is available.
- Avoiding confrontation
- How to approach the subject of vaping & smoking with young people.
- How to refer into Smokefree Liverpool Service

You can [find out more details and register here](#).

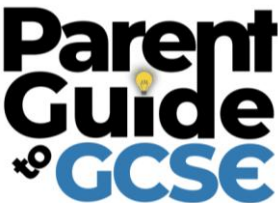
## The Secret to GCSE Success

On 9<sup>th</sup> October Parent Guide to GCSE are hosting an online session for parents.  
Thursday 9<sup>th</sup> October, 7–8pm (with replay available)  
Hosted by Emily Hughes - ex-teacher, author of GCSE Survival Guide for Parents, and co-founder of Parent Guide To Education

In this session, parents will discover:

- Simple, stress-free revision strategies (no nagging required!)
- How to set up a realistic revision plan using our online tool
- Ways to keep teens motivated
- What parents can actually do to help, and what to avoid.

...Plus time at the end for their burning questions  
You can [sign up for the event here](#).



Your list of contacts at St. Julie's

You can click any of the hyperlinked names below to send an email.

Progress Leaders

- Year 7: [Miss O Knisz](#)
- Year 8: [Mrs J Navarro](#)
- Year 9: [Miss C Corrigan](#)
- Year 10: [Miss V Homer](#)
- Year 11: [Mr M Mottram](#)
- Sixth Form: [Mrs R Lyons](#)

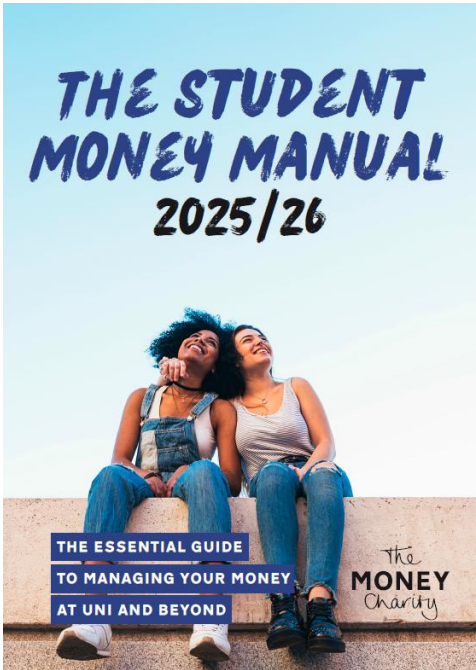
Curriculum Leaders

- English: [Mrs D Walker](#)
- Maths: [Miss M Naylor](#)
- Science: [Mr J Magor](#)
- RE: [Mrs H Dunleavey](#)
- MFL: [Ms J Davey](#)
- Humanities: [Miss J Rimmer](#)
- Performing Arts (including PE): [Miss A Douglas](#)
- Art and Technology: [Mrs A Bell](#)
- Social Sciences and Computing: [Mrs K Byrne](#)

- SENDCo: [Miss S Jackson](#)
- Safeguarding: [Safeguarding Team](#)

Why not visit our Websites?

- [St. Julie's Main Website](#)
- [Chaplaincy Website](#)
- Chaplaincy Instagram: [stjuliesl25](#)
- [Wellbeing Website](#)
- [Careers Website](#)



The Student Money Manual 2025/6

This is a free guide to student finance and managing money at university and beyond, making it the ideal downloadable resource for those looking towards going to university next year, or those who are just settling in. It covers everything from budgeting to student finance; and fees to making your money stretch further as a student. [Click here to download a copy.](#)



Success At School Webinars

'Success at School' have published their latest set of webinars which include some opportunities with blue chip multinational firms. Click each link for more details.

- [Apprenticeships at BP](#)
- [Apprenticeship insights and application masterclass](#)
- [Women in STEM at BP](#)
- [Where can accountancy take you?](#)
- [Accountancy apprenticeship application masterclass](#)

- [Pathways into accountancy](#)
- [A day in the life of an accountant apprentice](#)



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.

## Your list of contacts at St. Julie's

You can click any of the hyperlinked names below to send an email.

### Progress Leaders

Year 7: [Miss O Knisz](#)  
Year 8: [Mrs J Navarro](#)  
Year 9: [Miss C Corrigan](#)  
Year 10: [Miss V Homer](#)  
Year 11: [Mr M Mottram](#)  
Sixth Form: [Mrs R Lyons](#)

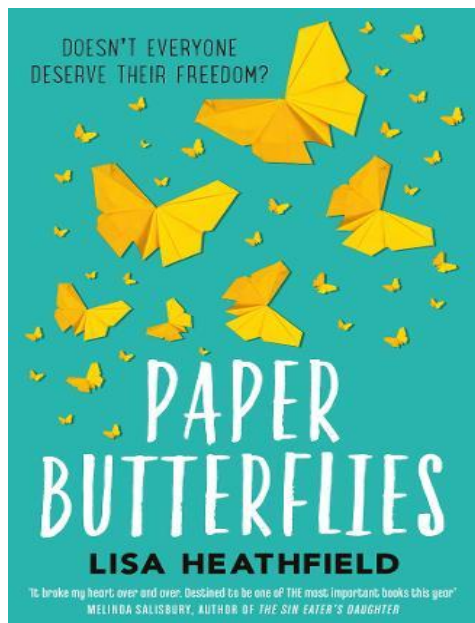
### Curriculum Leaders

English: [Mrs D Walker](#)  
Maths: [Miss M Naylor](#)  
Science: [Mr J Magor](#)  
RE: [Mrs H Dunleavy](#)  
MFL: [Mrs R Buckton](#)  
Humanities: [Miss J Rimmer](#)  
Performing Arts (including PE): [Miss A Douglas](#)  
Art and Technology: [Mrs A Bell](#)  
Social Sciences and Computing: [Mrs K Byrne](#)

SENDCo: [Miss S Jackson](#)  
Safeguarding: [Safeguarding Team](#)

## Why not visit our Websites?

[St. Julie's Main Website](#)  
[Chaplaincy Website](#)  
Chaplaincy Instagram: [stjuliesl25](#)  
[Wellbeing Website](#)  
[Careers Website](#)



### Recommended Read for October

If you're stuck for reading inspiration why not take a look at our recommended read? This year's recommended reads are all coming from our students, and Lucy's recommendation for October is 'Paper Butterflies' by Lisa Heathfield.

#### *Paper Butterflies*

*June's life at home with her stepmother and stepsister is a dark one—and a secret one. She is trapped like a butterfly in a net.*

*But then June meets Blister, a boy in the woods. In him she recognises the tiniest glimmer of hope that perhaps she can find a way to fly far, far away from her home and be free. Because every creature in this world deserves their freedom... But at what price?*



### 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.



## Your list of contacts at St. Julie's

You can click any of the hyperlinked names below to send an email.

### Progress Leaders

Year 7: [Miss O Knisz](#)  
Year 8: [Mrs J Navarro](#)  
Year 9: [Miss C Corrigan](#)  
Year 10: [Miss V Homer](#)  
Year 11: [Mr M Mottram](#)  
Sixth Form: [Mrs R Lyons](#)

### Curriculum Leaders

English: [Mrs D Walker](#)  
Maths: [Miss M Naylor](#)  
Science: [Mr J Magor](#)  
RE: [Mrs H Dunleavy](#)  
MFL: [Mrs R Buckton](#)  
Humanities: [Miss J Rimmer](#)  
Performing Arts (including PE): [Miss A Douglas](#)  
Art and Technology: [Mrs A Bell](#)  
Social Sciences and Computing: [Mrs K Byrne](#)

SENDCo: [Miss S Jackson](#)  
Safeguarding: [Safeguarding Team](#)

## Why not visit our Websites?

[St. Julie's Main Website](#)  
[Chaplaincy Website](#)  
Chaplaincy Instagram: [stjulies125](#)  
[Wellbeing Website](#)  
[Careers Website](#)

Monday: 1pm – 4pm, Wednesday: 9am – 4pm, Friday: 9am – 12pm  
Alternatively, you can email your concern to [seniss@liverpool.gov.uk](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](#).

## Your list of contacts at St. Julie's

You can click any of the hyperlinked names below to send an email.

### Progress Leaders

Year 7: [Miss O Knisz](#)  
Year 8: [Mrs J Navarro](#)  
Year 9: [Miss C Corrigan](#)  
Year 10: [Miss V Homer](#)  
Year 11: [Mr M Mottram](#)  
Sixth Form: [Mrs R Lyons](#)

### Curriculum Leaders

English: [Mrs D Walker](#)  
Maths: [Miss M Naylor](#)  
Science: [Mr J Magor](#)  
RE: [Mrs H Dunleavy](#)  
MFL: [Mrs R Buckton](#)  
Humanities: [Miss J Rimmer](#)  
Performing Arts (including PE): [Miss A Douglas](#)  
Art and Technology: [Mrs A Bell](#)  
Social Sciences and Computing: [Mrs K Byrne](#)

SENDCo: [Miss S Jackson](#)  
Safeguarding: [Safeguarding Team](#)

## Why not visit our Websites?

[St. Julie's Main Website](#)  
[Chaplaincy Website](#)  
Chaplaincy Instagram: [stjuliesl25](#)  
[Wellbeing Website](#)  
[Careers 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](mailto: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](mailto:referrals@rasamerseyside.org) or visit our website [www.rasamerseyside.org](http://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

## Your list of contacts at St. Julie's

You can click any of the hyperlinked names below to send an email.

### Progress Leaders

Year 7: [Miss O Knisz](#)  
Year 8: [Mrs J Navarro](#)  
Year 9: [Miss C Corrigan](#)  
Year 10: [Miss V Homer](#)  
Year 11: [Mr M Mottram](#)  
Sixth Form: [Mrs R Lyons](#)

### Curriculum Leaders

English: [Mrs D Walker](#)  
Maths: [Miss M Naylor](#)  
Science: [Mr J Magor](#)  
RE: [Mrs H Dunleavey](#)  
MFL: [Mrs R Buckton](#)  
Humanities: [Miss J Rimmer](#)  
Performing Arts (including PE): [Miss A Douglas](#)  
Art and Technology: [Mrs A Bell](#)  
Social Sciences and Computing: [Mrs K Byrne](#)

SENDCo: [Miss S Jackson](#)  
Safeguarding: [Safeguarding Team](#)

## Why not visit our Websites?

[St. Julie's Main Website](#)  
[Chaplaincy Website](#)  
Chaplaincy Instagram: stjuliesl25  
[Wellbeing Website](#)  
[Careers Website](#)

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](mailto: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](http://mdvs.org)

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

Family support [Family First](#)

[Knowsley Family Info](#)

[PSS Prisoner Family Service](#)

[Lee Cooper Foundation](#)

[Healthy Knowsley](#)