



St. Julie's Catholic High School

Weekly Newsletter

Week Beginning 7th February 2022

Forthcoming Dates for your Diary

17th February
Year 11 Virtual Parents' Evening

18th February
Finish for half term break
3:15pm



Triumph At The Now Festival

Thursday night saw the 7th year of the Now Festival and St Julie's wowed the audience with their performance of 'Boys will be Boys'. The performance looked at male mental health from a female perspective and challenged stereotypes. Many male members of the audience stood in applause as our students vowed to help put an end to toxic masculinity. We're very proud that the night closed with St Julie's being awarded 'Best Mental Health Message' of the festival.



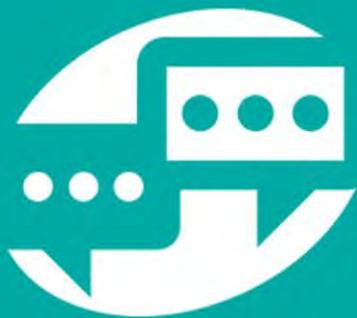
Year 11 Get Exam-Busting Ready!

Students in Year 11 have enjoyed a workshop with Shenaz from 'Positively You' exploring techniques for excelling in exams. The workshop teaches skills that can be used all year round, and is designed to ensure students are better prepared to manage their workload, remember facts, retain information, overcome mental blocks, and manage time in exams.



Debate Mate Entrants Pick A Winning Argument!

Congratulations to our debating teams for a fantastic round in the Debate Mate competition this week. Both of our teams won their debates, with one of the judges moved to say that it was one of the best debates he has seen in years! All members of the respective teams were fantastic, and they maintained clear focus over a long session.



For up to the minute information from school about your child, download the Groupcall Xpressions app from your device's app store.

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Why not visit our Websites?

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[Chaplaincy Website](#)
Chaplaincy Instagram:
[stjulies125](#)



Year 10 Students Enter the Girls' Network

This week our new cohort of students joining the Girls' Network mentoring programme were introduced to the programme by Amy Metcalfe. The students will receive bespoke mentoring support with inspirational women from a range of national and international job sectors. We wish them all great success with the programme.



Brilliant Club Scholars Graduate!

Congratulations to our students in Years 7 and 8 who graduated in their Brilliant Club Scholars' Programme this week. Each student has completed a programme of study under the tutelage of a PhD tutor, before completing a challenging final assignment. The virtual event, presented in the school Chapel, included a valuable information, advice and guidance session as well as an inspirational keynote address.

Year 11 and Year 13 Formal Assessments

Please [click here for a letter circulated by Mrs McCourt](#) about formal assessment for Year 11 and Year 13 students in the 2021-22 academic year.

National Apprenticeships Week

7th – 13th February

Alongside consistently good A level exam results including both academic and applied courses; high quality teaching, meaningful work experience and a personalised curriculum for every student; one of the many strengths of our last Ofsted report was the quality of the advice and guidance we give to our students.

Whilst the overwhelming majority of our Year 13 students progress to Higher Education including Russell Group universities, we recognise that some students may prefer to follow a different route. In keeping with National Apprenticeship Week (7th - 13th Feb) you can read [The Complete Guide to Higher and Degree Apprenticeships here](#) and a [handy A-Z of apprenticeships here](#).

[This handy guide](#) explains the different levels of apprenticeships.

On the 8th February at 6pm, 'All About STEM' are hosting an information event for parents. You can find out [all about that event here](#).

Apprenticeship opportunities are frequently advertised on our [Careers website](#), and this week we have posted links with information about apprenticeships with tech giant Google, as well as opportunities with the Government Economic Service as well as Security Services department MI5!

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Friendly February Gets Underway!

We need each other more than ever right now! This month let's focus on reaching out to connect with others and doing our best to be a good friend. Our acts of kindness and connection ripple out and impact so many more people than we realise - and they also boost our own happy hormones too! In stressful times people around us may be feeling the strain, so let's try to keep calm, take time to listen and show compassion. For a handy guide, why not check out this month's [friendly February plan!](#)



Badminton Players Net Good Progress

Our team of 4 Year 10 and 11 badminton players represented very well at the Key Stage 4 Badminton Tournament on Monday. They played absolutely brilliantly and came up against some tough opponents on the day. The team progressed to the quarter finals but were knocked out by a team from St Hilda's. Nevertheless, our players contested great single and double games against all schools in the tournament. We'll give a special shout out to Ellen and Olivia Y11 and Olivia and Libby Y10 for great performances.



Liverpool City Football Finalists!

Well done to our two teams of Year 7 and 8 footballers for some great results in the Liverpool City football tournament this week. Our A team finished 2nd overall narrowly getting beaten on penalties (1-3) by Belvedere in the final, making it through to the Merseyside football championships. Our B team advanced to the quarter finals and were unlucky with their defeat to Gateacre on penalties (3-2). Both sides offered brilliant individual and team performances displayed throughout the day in which 14 teams entered. Our A team remained unbeaten in their league and only conceded 1 goal in the tournament other than the penalties. Special congratulations to Stevie in Y8 and Lois in Y7 for excellent displays of skill and sportsmanship.



Feel Good Gardening Club

Today was the first day of the Feel-Good Gardening club which runs on a Friday lunchtime. We started off with the students decorating some plant pots with a positive affirmation. Over the next few weeks, they will be sowing some seeds and watching their plants grow. The Feel-Good gardening club aims to help students understand the benefits of spending time in nature for their wellbeing.

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Gresham College Lectures

- A level students tune in!

Gresham College was founded in 1597 and has been providing free lectures within the City of London for over 400 years. Students and parents can search access previous lectures [by clicking here](#) - subjects range from anti-biotic resistance to evolution; the art of rhetoric to architecture and cyborg piano to dark matter to name but a few. Find out more in the [full story on our website](#).

Year 11 Parents' Evening

Please [click here for a letter](#) circulated this week by Mrs McCourt about the forthcoming virtual Parents' Evening for students in Year 11.



Year 13 Mock Examinations

Year 13 mock examinations are scheduled to commence on **Monday 28th February**. Please [click here](#) to read a letter circulated by Mrs McCourt this week with important information for all examination candidates.

Be Unapologetically You!

We wanted to share this story from this weeks 'Female Lead' newsletter:

It can be hard for young women on social media. The pressure to project a perfect online life can mean we often end up comparing

ourselves to filtered images and worrying we're not enough.

Stephen Hinshaw, PhD, explains that as they reach adolescence, girls are increasingly asked to conform to what he views as "an impossible set of standards", and that in turn, as women we become more apologetic for the things we can't do, rather than celebrating those we can. But one thing you should never do is apologise for who you are.

We [recently spoke to American actress and film producer, Jessica Chastain](#), about women taking up as much space as we can, raising our voices, not over apologising, and taking our power back.

One way we can all take our power back online is by taking a stand and disrupting our social feeds, following people who inspire us, and cutting down the stream of filtered images we're used to comparing ourselves to.

We want students to view social media as a way to feel empowered to celebrate their achievements, to have the confidence to ask questions, and the strength to stand up for what they believe in.

We're sharing new inspiring people to follow on [@thefemaleleadsociety](#) every week, so make sure to follow us to find out more!



February Recommended Read

If you're seeking inspiration for a read, why not try our recommended read for the month of February: *Revolver* by Marcus Sedgwick.

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Revolver

"1910. A cabin north of the Arctic Circle. Fifteen-year-old Sig Andersson is alone. Alone, except for the corpse of his father, who died earlier that day after falling through a weak spot on the ice-covered lake. His sister, Anna, and step-mother, Nadya, have gone to the local town for help.

Then comes a knock at the door. It's a man, the flash of a revolver's butt at his hip, and a mean glare in his eyes. Sig has never seen him before but Wolff claims to have unfinished business with his father. As Sig gradually learns the awful truth about Wolff's connection to his father, his thoughts are drawn to a certain box hidden on a shelf in the storeroom, in which lies his father's prized possession - a revolver.

As the stakes rise and Wolff begins to close in, Sig's choice is pulled into sharp focus. Should he use the gun?"

Careers Updates

Outside our apprentice week information we've got a great event advertised looking at a student perspective of studying at Russell Group universities. [All the details are here!](#)

KS3 Assessment 2021-22

Please [click here](#) for an overview of the KS3 Assessment Framework.

Remote Education

From September 2021 schools must continue to provide remote education for students who must self-isolate due to Covid-19. A copy of the school policy on Remote Education can be [found here](#).



SEND Support Helplines

Helplines for Settings and Families
In response to the current coronavirus pandemic, Liverpool Local Authority's SEND Support Services would like to offer advice and support to our settings and families during this difficult time.

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

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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

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](#).

Domestic Abuse:

There is clear evidence that nationally and locally the frequency of incidences of domestic abuse have increased during periods of lockdown. 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

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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.

Covid Reporting

Please continue to review the [information sent out each week in the bulletin](#) with regard to the importance of notifying school immediately if your child tests positive for COVID-19. Please continue to contact school in any of the normal ways - the main switchboard (0151 428 6421) during working hours; or reception@stjulies.org.uk or safeguarding@stjulies.org.uk for out of hours notifications. School have taken all reasonable steps to raise awareness of this. Thank you.

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](#).

What to do if...	Action needed	Back to school	What to do if...	Action needed	Back to school
My child has COVID-19 symptoms	1. Self-isolate immediately 2. Contact your GP or NHS 111 3. Inform school of your child's symptoms 4. Inform school immediately if you have any other symptoms	When your child has been advised to self-isolate, they should not return to school until they have been advised to do so by their GP or NHS 111.	My child has been advised to self-isolate	1. Self-isolate immediately 2. Contact your GP or NHS 111 3. Inform school of your child's symptoms 4. Inform school immediately if you have any other symptoms	When your child has been advised to self-isolate, they should not return to school until they have been advised to do so by their GP or NHS 111.
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Covid-19 Information and Risk Assessment

All parent/carers can access the school's Covid-19 risk assessment [here](#).



CAREERS NEWSLETTER

This newsletter is a collation of all the opportunities we have heard about from employers and universities. Please use the links included to read more information and apply to anything you are interested in. Links are underlined.

OPPORTUNITIES

National Apprenticeship Week 2022 is taking place next week!

Make the most of the events on offer from employers. You can view the event listing [here](#).



[Here](#) are some resources you can look at from Amazing Apprenticeships to support your National Apprenticeship Week planning.

Not Going to Uni are running a range of employer and apprentice talks on their [Instagram channel](#). Here are the times/dates:



- Monday all day: A current apprentice will be taking over the NGTU stories to answer your questions
- Monday 7pm: HSBC Live
- Tuesday 7pm: Bloomberg Live
- Wednesday 7pm: Apprentice Live
- Thursday 7pm: DHL Live
- Friday all day: A current apprentice will be taking over the NGTU stories to answer your questions



On Wednesday 9th March at 6.30pm, Google are running an information session for parents and students to learn about their apprenticeship programme. You can read more and register [here](#).



Speakers for Schools have the following Virtual Work Experience placements running in February, the deadline is approaching so you need to apply by 4th February if you want to take part:

- 3-day VWEX from 22nd February: [Babcock Marine](#)
- 3-day VWEX from 22nd February: [DSTL](#)
- 1 day VWEX into the water industry on 23rd February with [Severn Trent](#): (closing date also 4th February)

JOB OF THE WEEK



Aerospace Technician

Aerospace engineering technicians design, build, test and repair civil and military aircraft. You can earn up to £35,000 per year and expect to work around 40-42 hours per week.

There will be 1% more Aerospace Technician jobs by 2026.

You can read more about this [here](#).

LABOUR MARKET INFORMATION FACT

Controversial though it may be, research shows that employers are increasingly investing in technology designed to monitor and track the behaviour of their employees in order to drive efficiency.

How would you feel about being tracked during your working day?

Read more [here](#).

If you have any questions or need support, please email ajones@stjulies.org.uk



CAREERS NEWSLETTER

OPPORTUNITIES

The Big Bang competition is back! Do you have a passion for Science, Technology, Engineering or Maths? Taking part in the Big Bang Competition will help you to:

- Build confidence and teamwork skills
- Solve problems
- Get expert feedback
- Celebrate and share your work

You can read more and get involved [here](#). Entries close on 20th March.

Unsure about your next steps at the end of Year 11? The Government have put together a new website full of online resources to help you learn more about T Levels, A Levels, BTecs and Apprenticeships. The website is called "Get the Jump: Skills for Life" and you can check it out [here](#).

The brand-new Higher and Degree Apprenticeship Vacancy Listing is now available to download. Showcasing current vacancies across a wide range of sectors, the listing brings together the very best of higher and vocational education opportunities! [Click here](#) to download.

Think you want to go to university but not sure what you want to study? UniTasterDays have a range of on demand webinars that you can watch any time. They focus on different industries so you can select and watch the ones that you're interested in. You can select and watch them [here](#).



EMPLOYER SPOTLIGHT



[Audi](#) is a German automotive manufacturer of luxury vehicles headquartered in Ingolstadt, Bavaria, Germany.

They have a range of sites across the UK and have both an apprenticeship and graduate programme that allows you to enter their workplace training programmes no matter what stage of your journey you're at.

You can read more [here](#).

UNI SPOTLIGHT



[University of Greenwich](#)

"At Greenwich we have transformed our events to give you the chance to explore our courses, facilities, accommodation and our student support services both in person at our beautiful campuses, or virtually from your own home. We cover a broad range of subjects at foundation, undergraduate and postgraduate level."

Search their courses [here](#).

No idea where to start with planning your career? Don't worry! There are lots of tools out there to help you!

- [Panjango](#): this is an online world where you can learn about different jobs and take part in challenges to see if you like them.
- [Career Pilot Career Quiz](#): This matches your skills, interests and hobbies to job roles. Great for Years 7-10.
- [Prospects Career Quiz](#): This matches your skills, interests and hobbies to job roles. Great for Years 11-13.
- [Launch Your Career Personality Quiz](#): This will tell you about your personality type and where it could fit in the workplace.

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