



St. Julie's Catholic High School

Weekly Newsletter

Week Beginning 8th January 2024

Forthcoming Dates for your Diary

- 8th January**
INSET Day
- 9th January**
Students return to school
- 18th January**
Humanutopia Workshop: Year 8



A Very Happy Christmas

We've rounded off 2023 with services of Advent reflection that saw our school community gather together in two sittings that both filled our Sports Hall. Our Chaplain led us in celebration as we heard the Christmas story told through readings and video, supported by beautiful singing from a group of courageous and very talented singers from Year 7. During the service form captains also offered their collections for our Christmas foodbank donation.



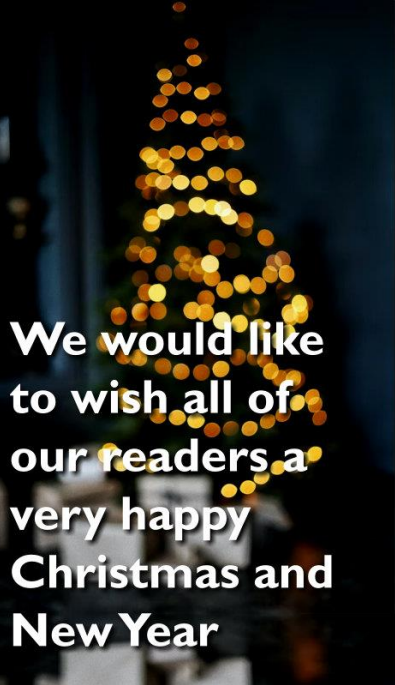
Photographer Commended in National Competition

Congratulations to Chloe in Year 10 whose photograph has been commended at the RSPCA Young Photography Awards 2023 in London! Chloe's image was taken on a mobile phone but shows mastery of timing and composition, and was shortlisted from 6,300 entries into the finals. You can [see the finalists here!](#)



Parishioners' Afternoon Tea

On Wednesday this week we were honoured to welcome local parishioners into school for a festive Afternoon Tea. Some of our students waited on our guests whilst also making the time for some friendly conversation. Thank you to everybody who made the lovely event happen. You can see some photos in the [story on our website](#).



We would like to wish all of our readers a very happy Christmas and New Year

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 C Corrigan](#)
Year 8: [Miss V Homer](#)
Year 9: [Mrs K Monks](#)
Year 10: [Miss E Murphy](#)
Year 11: [Mrs C Mason](#)
Sixth Form: [Mrs R Lyons](#)

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End of Term Letter from the Acting Headteacher

Please [click here for a copy of a letter](#) circulated this week to all parents and carers by Mrs McCourt marking the end of term.



Congratulations to KJT!

We'd like to offer our congratulations to former student Katarina Johnson-Thompson who has won third place in the BBC Sports Personality of the Year! Katarina's incredible journey of triumph after a potentially career ending injury inspired huge support in the public vote, beating Frankie Dettori and Rory McIlroy, legends of horse racing and golf respectively. Katarina continues to be a shining example to all of our students and we are incredibly proud of her. Well done Kat!



Hidden Musical Histories

Music students from several year group explored some hidden music histories today as they learned about some of the women behind The Beatles. We welcomed Paul



Live simply, sustainably and in solidarity

Focus: Live in solidarity

Christmas is meant to be a time of joy and light. But imagine having nobody to pull a cracker with. No one to exchange a gift and share a hug with. Not a single soul to wish you a Merry Christmas. Almost 1.5 million older people feel more lonely at Christmas than any other time of year.

Tip: Live in solidarity

Check in on older neighbours. A Christmas card or time spent having a chat could just make their day! Support the work of charities like Age UK.

Father God, we pray for those who are lonely and vulnerable. We pray that you would surround them with your love. Lord, in this time would you minister to each one, that they would know that they have a Father in Heaven who loves them and is with them. **Amen**

Gallagher and Gary Borrows from the University of Liverpool's Music Education Hub, 'Resonate', who delivered aspects of a course previously only available to the 16-24 age group. Today, the students discovered more about six women who were hugely influential on the Beatles and their music. The session offered some remarkable insights into the complexity of influence and how this can shape the sound and style of an artist. Thank you to our visitors for a fascinating afternoon for everybody present.

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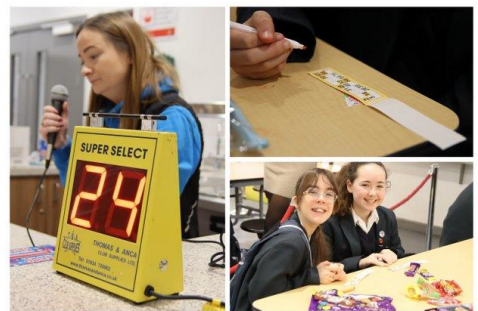
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Knowsley Refuge Donation

We have recently collected donations for women and teenage boys for the refuge in Knowsley, which have now been presented. The reason we collected for teenage boys was that refuges often receive donations for women and younger children but the older boys who arrive with their mothers have nothing and the refuge have nothing to provide them with comfort during a very difficult time. The donations were very gratefully received by the staff at Knowsley Refuge and will make a positive difference.



Eyes Down For a Full House!

In our last week of term students in Years 7, 8 and 9 have all had the chance to start their day with a few cards of bingo! With Miss Rainey calling the numbers the atmosphere grew tense as the first full houses approached. Our lucky winners got to choose from a range of prizes – congratulations to them all!



Merit Cup Assemblies

Throughout the last week of term we've been celebrating the collective achievements of our students in our Merit Cup assemblies. Sweet treats were claimed by the dozen as students celebrated attendance, punctuality, effort, achievement and good conduct. Well done to all of our form winners!



Breakfast of Champions!

Our Merit Cup Form winners celebrated their victories with the grand winners' breakfast banquet on Friday morning. Our catering team served a tremendous selection of hot and cold breakfast treats to suit all tastes!

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All The Trimmings...

Our Dining Room rang to the sound of festive tunes on Wednesday as students enjoyed their Christmas Dinner! Our catering team rose to the occasion magnificently serving hundreds of roast dinners to very satisfied diners! You can see photos in the [story on our website](#).



#100VoicesUnited Receive Standing Ovation

It has been a magical year for #100Voices United, the youth choir made up from schools and the fantastic Ukrainian Children's Choir. After months of rehearsing they travelled down to Wembley Arena to record a performance for the ITV New Year's Eve Big Bash show, hosted by Jason Manford and a star-studded cast including Take That and Busted. The 8000 strong audience were mesmerised by a choir that sang in harmony, united and resolute. The response, a standing ovation. After a rollercoaster of a year of events including performing for the King and Queen in April, a Eurovision tour of the city in May, calling in at Strawberry Field, Liverpool Hope University and topped by a performance in front of a captivated audience at the EuroVillage.

A trip to London for this TV show seems like a fitting end to what has been a truly extraordinary year.

Jonathan Dickson, Head of Service said "*The ITV performance represents the very best of our region, it will remind you of the collective power young voices have to make your heart swell, it will fill you with optimism, joy and, once again, remind us of the importance of music in schools*"

The show is being broadcast on New Year's Eve 6-8pm ITV.



ADHD Foundation Partnership

We are pleased to announce that from January 2024 we will be working closely with the ADHD foundation. Being a part of the ADHD foundation community allows us:

- Access to a therapeutic practitioner for 1 day per week.
- Access to training webinars with a focus on SEND (1 every week throughout the academic year)
- Access to parent/carers support webinars - these focus on understanding ADHD, Autism and generic behaviour.

This is a fantastic opportunity, and we are looking forward to working with the foundation in support of our students.

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Christmas Foodbank Donation

Once again our school community has dug deep and shown their generosity with donations for the Micah Food Bank that have been collected by Form Tutors and presented at our end of term Advent Service. The donations will make a very real difference to a lot of people at Christmas and through January. Thank you very much to everybody who supported this year with a donation.



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](#).



From Gangland to Promised Land

Last week, Year 10 students met and heard the testimony of international speaker John Pridmore

who was leading a parish mission in one of our local parishes. After an invitation to prayer, John spoke about how he became involved in serious organised crime as a young man before turning his back on a life of violence and dedicating his life to God. Students were fascinated by his story which is powerful and inspiring as he shared stories of his experiences with St. Mother Teresa. For the past 30 years, John has travelled the world sharing his testimony with thousands of people and he shares his story in detail in his book "From Gangland to Promised Land".

It's Christmas Time - Parents guide to help keep children safe online

It's Christmas Time!

It's always best to be prepared

Many parents may be planning to give electronic gadgets to their children this festive period. Our guide is designed to help parents take a realistic approach to help keep their children safe when using the internet, social media and playing online games. Scan the QR code to find out more.

Online safety is when young people know who they can tell if they feel upset by something that has happened online.

Parents please contact your school to enquire attending their next e-safety workshop or have any concerns.

Working with Home Office 'PREVENT', The Police and Crime Commissioner and Children's Safeguarding Partnerships to help keep children safe online.

Skips Educational Email: info@skipsed.com Tel: +44 121 227 1941

Skips www.skipssafety.net.org

Developed in partnership with:

- Home Office
- Police and Crime Commissioner
- Children's Safeguarding Partnerships
- Local authorities police and crime

Staying Safe Online At Christmas

With the Christmas festivities just around the corner, children are looking forward to receiving gifts. For many, this may be devices that allow you to go online. Even with the best intentions, many parents have a false sense of how to keep their child secure, or think their child is more secure than they actually are. The guides above from Skips Educational offer some great practical advice to staying safe. You can access the guides by scanning the [QR code on this poster](#) or [clicking this link](#).

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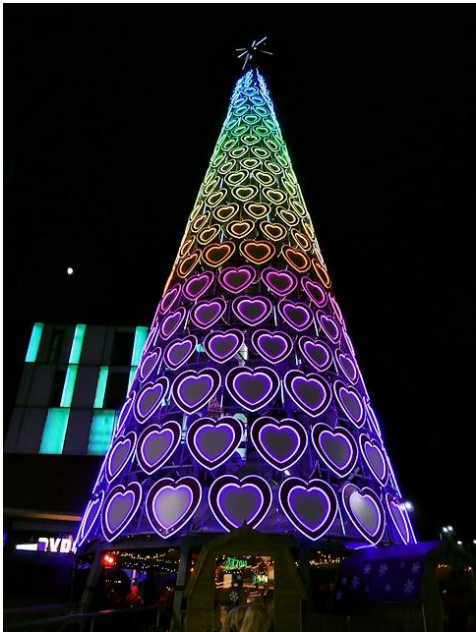
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December Liverpool Parenting Newsletter

The Liverpool Parenting newsletter for December has [now been published](#). You will find new information to support Parents/ Carers, Families and children in Liverpool during the Month of December. Along with information regarding events and activities on offer. The Newsletter includes information on services that can support parents during the month of December and into the New Year.

- Family Hub and Children Centres
- December Events Across The City for Families
- Winter health support
- Childcare
- Debt Advice
- Domestic Abuse
- Education Wonderhub Activities
- Employment Support and Adult Learning opportunities
- Foodbanks
- Mental Health
- Money Management and Financial help
- Parenting Programmes
- Parental Mental Health
- Support for Fathers

Kooth's live chat hours over the holiday period

24th December (Christmas Eve) - 4pm - 8pm
25th December (Christmas Day) - 4pm - 8pm
26th December (Boxing Day) - 4pm - 8pm
31st December (New Years Eve) - 4pm - 8pm
1st January (New Years Day) - 4pm - 8pm

Other days over the holiday period will follow our usual live chat hours of 12pm - 10pm on weekdays and 6pm - 10pm on weekends.

kooth.com

Kooth Live Chat Christmas Hours

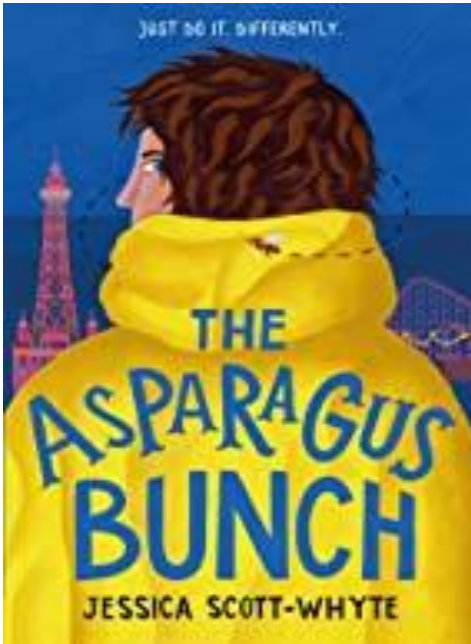
Live chat hours for the Kooth support service over Christmas are as follows:

24th December: 4pm-8pm
25th December: 4pm-8pm
26th December: 4pm-8pm
31st December: 4pm-8pm
1st January: 4pm-8pm

Other days throughout the holidays will be served at the usual hours of 12pm-10pm on weekdays and 6pm-10pm on weekends.

Careers Updates

This week we've got links to some great virtual work experience opportunities with Historic England. You can find that and more on our [dedicated Careers website](#).



Recommended Read for December

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If you're stuck for reading inspiration why not take a look at our recommended read? This month we're suggesting 'The Asparagus Bunch' by Jessica Scott-Whyte.

Leon John Crothers is 4779 days old (thirteen years and one month, if you're mathematically challenged). He has been 'moved on' from six different schools and most people think he has an attitude problem. Leon doesn't care for the label, in the same way that he doesn't care for Tim Burton, supermarket trolleys, train fanatics or Bounty bars.

This time, however, things may turn out differently, as help comes from where he least expects it – Dr Snot, a physician at pains to help Leon navigate 'normal' and classmates, Tanya and Lawrence, who both face their own challenges. When school bully Glen Jenkins humiliates Leon in the school canteen and almost destroys Lawrence, Leon very reluctantly agrees to the formation of a club, The Asparagus Bunch.

How Leon manages to navigate school woes and family drama – and astonishingly ends up with not one but two friends – is nothing short of a miracle, or maybe just simply down to being different.

Information on support over Christmas

YPAS: YPAS City Centre Hub will be offering a limited service of the Alternative to Crisis Drop-in over the Christmas holiday period for children and young people aged 5-25 as well as parents and carers to support mental health and wellbeing. Please follow this link to view the "Whats On" calendar for opening hours over the Christmas period. [YPAS Whats on Calendar](#).

All three YPAS community hubs will return to regular working hours from Tuesday 2nd January 2024.

If over the Christmas Period you or someone you know requires immediate support, please see below.

If you are a child or young person in crisis, you can call the Alder Hey CAMHS crisis care line 24/7 on 0151 293 3577 or free-phone 0800 196 3550, or Email: CrisisCare@alderhey.nhs.uk

You should only present to Accident Emergency Department if you need medical treatment or are struggling to keep yourself safe.

If you are a parent or carer of a young person aged under 18 please click on the following link to access emergency advice [Emergency advice - Liverpool CAMHS](#).

If you are 18+ and in distress or crisis please call Mersey Care Urgent mental health support contact number: 0151 296 7200 or access support through the following website [Merseycare Urgent Mental Health Support](#).

If you have Immediate concerns for your safety or someone else's safety, please go to your nearest A&E.

Place to be: [Details here](#)

Supporting your child's emotional wellbeing during the school holidays Place2Be's Principal Educational Psychologist, Dr. Julia Clements, shares some simple tips and advice for making the most of the school holidays with your children. www.place2be.org.uk

Advance Solutions Dates
[Liverpool](#)
[Knowsley](#)

Feeding Liverpool Support Page

Feeding Liverpool have compiled a list of useful Liverpool-based Christmas Food Support services and resources for the Christmas and New Year period. Details can be [found here](#).

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Working together to improve school attendance

Being in school and having the best attendance possible underpins all the many benefits of school for your child, such as their learning, wellbeing and wider development. For some children, attending school every day will be harder than for others. This is why schools, and local councils in some cases, are committed to working together with families to solve problems and support your child's school attendance.

[This guide from the Children's Commissioner](#) covers two areas:

- parents' responsibilities¹ for school attendance and what you need to do when your child needs to be absent.
- How schools and local authorities will work with you to support your child's attendance.

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 <https://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](#).

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>

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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](#).