



St. Julie's Catholic High School

Weekly Newsletter

Week beginning 8th June

Forthcoming Dates for your Diary

11th June

Year 8 Parents and Options Evening

24th June

Alumni Afternoon Tea

25th June

Open Evening



County Selection for Young Cricketer!

Congratulations to Alex in Year 7 who has been selected for the Lancashire U12s Cricket Team! Her selection follows ten weeks of intensive selection training alongside other hopefuls from across the North West, and at the weekend was announced in the squad list. We wish her the very best of luck as she goes forward into competitive play with the side, starting with an opening competition in July!



Flying The Flag!

This week we were delighted to receive delivery of our 175th Anniversary flag! The flag commemorates our celebration year and honours all of the Sisters of Notre Dame who have proudly led education in our City since 1851.



Half Term Improvements Around Site

As is always the case, during the half term break the school site was a hive of activity with maintenance and improvement works going on. This half term we've installed new armco barriers to help protect segregated pedestrian areas, carried out some tree works to improve site safety, shampooed carpets, repainted walls and more!

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[Wellbeing Website](#)
[Careers Website](#)

Thanks to our facilities team and our hardworking contractors for a successful week's work!



Smoke Free Liverpool Share Information With Year 10

On Friday we welcomed Virginia from Smoke Free Liverpool to lead a special assembly to Year 10 students about the dangers of nicotine addiction. The assembly highlighted some important information as well busting some myths. Thanks to Virginia for making the time to visit.



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, 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.

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Sticky Fingers in STEM Club

Scientists in STEM club donned their vinyl gloves this week as they explored oobleck - an unusual non-Newtonian fluid! A simple mixture of cornflour and water in just the right ratios creates this strange material that under slow movement behaves as a thick fluid but under sudden pressure or force solidifies. This means that if you dip your hand gently in to a bowl of oobleck it will sink as expected, but if you punch the surface hard you can really hurt yourself! If you find this interesting, why not drop into Science Club, which meets on Thursdays after school.



Half Term 6 Extra Curricular Timetable

A schedule of extra-curricular activities available to students during half term 6 [can be found here](#). Curriculum teams will send out further details regarding start and finish times, room numbers, teaching staff and any additional information required for activities. Curriculum leaders can be contacted by using the links in the blue bar on the left.

Year 8 Options and Parents Evening

On Thursday 11th June we are hosting a combined event for Year 8 parents and students including both parents' evening and options evening. We hope you'll find the

Week 0		AM Exam (9:00)	Mid Morning Exam (11:00)	PM Exam (13:15)
Friday	19-Jun	Spanish Listen & Read (2hr)		Sociology (1hr 45m)
Week 1		AM Exam (9:00)	Mid Morning Exam (11:00)	PM Exam (13:15)
Monday	22-Jun	Religious Eduction (1hr 45m)		Biology (1hr 15m*)
Tuesday	23-Jun	Maths (1hr 30m)	English Lit (50m)	Citizenship (1hr 45m)
Wednesday	24-Jun	English Lang (1hr 45m)		Chemistry (1hr 15m*)
Thursday	25-Jun	History (2hr)		Maths Calculator (1hr 30m)
Friday	26-Jun	INSET		
Week 2		AM Exam (9:00)	Mid Morning Exam (11:00)	PM Exam (13:15)
Monday	29-Jun	Business Studies (1hr 45m)		Geography (1hr 30m)
Tuesday	30-Jun	Physics (1hr 15m*)		Spanish Writing (1hr 20m)
Wednesday	01-Jul	Food Tech (1hr 20m) Dance (1hr 30m)		Music (1hr 30m)
Thursday	02-Jul	Rewards Trip		

* Combined Science exams are 1hr 15m, Triple Science exams are 1hr 45m
 Spanish Writing exam is 1hr15m for Foundation pupils
 Spanish Listening and Reading Exam is 1hr 30m for Foundation pupils
 PE GCSE Written exam to be completed in class on Tuesday 16th June (1hr)
 Art Exam requires a full day - being arranged separately
 Drama completing devised drama exam rather than a mock all day on Wednesday 1st July

Year 10 Mock Examinations

The schedule for mock exams for Year 10, commencing on 19th June, is shown above. Individual timetables will be provided to candidates prior to the start of the exam weeks.

evening very informative, and appointments can be booked

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through the My Child At School app or web portal. We look forward to seeing you there!

Ketamine...what do you need to know as a parent/carer?

A conversation with Jordan - Children's substance misuse worker.

Contents:

- A brief overview of River.
- What we are seeing in Liverpool around ketamine
- How we are responding
- How to refer into service
- More about IMPACT

Date: Friday 19th June
Time: 17:30 - 18:30
Microsoft Teams email
Jiordan.lloyd@cgl.org.uk to enquire/book

River
Liverpool Young People Support Services

Free Ketamine Information Session for Parents

River is hosting a FREE online information session for parents, carers and family members about ketamine use among young people. The session, led by Jordan, a children's substance misuse worker, will provide an overview of River and discuss current concerns around ketamine use in Liverpool, the signs to look out for, how services are responding, referral pathways, and additional information about IMPACT.

The event will take place on **Friday 19th June from 17:30–18:30 via Microsoft Teams** and is organised by River Liverpool Young People Support Services. If you would like to book a place, please email Jordan Lloyd on Jiordan.Lloyd@cgl.org.uk



Alumni Afternoon Tea!

On Wednesday 24th June from 4-6pm we're inviting former students from St Julie's to join us for an

Afternoon Tea event that will give the opportunity to tour our new building, network and catch up with some familiar faces from the past! Registration is required, and you can find more details in the [letter of invitation](#) from Mrs McCourt.



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

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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.



Register As An Alumna

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

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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 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:

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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.

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

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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
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

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

Family support [Family First](#)

[Knowsley Family Info](#)

[PSS Prisoner Family Service](#)

[Lee Cooper Foundation](#)

[Healthy Knowsley](#)