



St. Julie's Catholic High School

Weekly Newsletter

Week Beginning 8th July 2024

Forthcoming Dates for your Diary

8th & 9th July
Lake District Year 9
Citizenship Trip

12th July
School Sports Day



Welcome to our Newest Students!

On Wednesday the 3rd of July excited students from across the City got to spend the day in their new secondary schools, and we were delighted to welcome the newest members of our school community for their first day in classrooms, spending time with their new Form Tutors and getting a fantastic taste of all that is to come in September. You can read more and see some photos from the day in the [full story on our website](#).



It's Prom Night!

Year 13 students have dazzled at their Prom, celebrating and reflecting on friendships, memories and all they have achieved together during their time at St. Julie's. The party was hosted at Allerton Manor who rolled out the red carpet for the guests who dressed for a red carpet occasion! Good luck Class of 2024! [See the photos here](#) and on page 7.



Dancing To First Place!

On Wednesday evening 50 dancers across all key stages headed to North Liverpool Academy to compete in the annual Secondary School Dance Competition. Students had been working very hard preparing for the event and they did not disappoint. They showcased their performance skills, technique and musicality and their

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STUDENTS
WHO ARRIVE
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hard work and dedication saw them taking a massive haul of 8 trophies! Dancers from St Julie's were awarded:

1st place KS5
1st place KS4
2nd place KS4
1st place solo
2nd place KS3
3rd place KS3

The judges also had three special awards that they awarded to individuals for stand out moments. Two of those awards were presented to St Julie's students:

Judges' Most Energy Award – Rosa - Y7
Judges' Most Passion Award – Ava - Y7

The evening was a fantastic celebration of talent from across the city and our dancers were proud just to participate. Well done to all our dancers for their outstanding performances and representing our school community so well in a city-wide competition!



Year 10 In the Studio!

A group of music students from Year 10 got a taste of a professional recording studio on a visit to Edge Hill University this week. The students made the trip to the leafy campus in Ormskirk as guests of the Music Department and were quickly into the studio to start laying down some tracks! Working with an experienced studio recording technician, the performers recorded into the ProTools digital workstation through an Avid C24 desk that helped capture the nuances of their performances. The sessions were very productive, and our musicians

Live simply, sustainably and in solidarity

Focus: Live simply

So often, we can focus on the things we don't have in life – we're always chasing the next thing – that we fail to stop and appreciate what we have.

Tip: Live simply

Practise gratitude. Think of the things that you are fortunate to have in your life and say a simple 'thank you' to God!

Dear God, you bless my life in so many ways and I just want to say, 'thank you'. Help me to follow Your will so you can continue to offer me your blessings! Amen.

left with four fully mixed and complete songs and many happy memories! Thank you to the team at Edge Hill for hosting us, and well done to our performers.



Grease is the Word!

Monday evening saw the start of a 4 night audition process for St Julie's Christmas production of 'Grease', and interest in taking part is huge! Over 150 students from Years 7 to 12 attended, learning dance routines and singing for a place in the show. Further session will see students auditioning for acting roles. Congratulations to all students who showcased their talent and commitment to the arts. If our first audition was anything to go by, we're in for a fantastic show!



Year 6 Transition Day



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A 'Wicked' Night Out

Year 7, 8 and 9 Performing Arts morning class students have been rewarded for their hard work in extra curricular projects this year with a trip to see 'Wicked' at the Liverpool Empire Theatre. Fifty students attended Tuesday's evening performance, with a further 30 students attending on Wednesday. Well done to all of the hard working Key Stage 3 students for their energy and enthusiasm in classes this year. We know that while the trip was a reward the students will still have been taking careful mental notes on the staging and production for future inspiration!



Medal Haul at Athletics Meet

Congratulations to all of our students who contested the City Athletics on Monday. They represented St Julie's proudly and came home with lots of medals, including four golds! Well done to all of the following:

Imogen Y7 Shot - 1st
Lois Y9 Javelin - 1st
Georgina Y9 300m - 1st
Stevie Y7 Long Jump - 1st
Jessie Y7 Javelin - 2nd
Yasmin Y9 Discus - 2nd
Eva Y8 200m - 2nd
Faye Y9 High Jump - 3rd
Amelia Y9 800m - 3rd
Millie Y9 200m - 3rd
Heidi Y7 75m - 3rd

Amelia Y9 Shot - 4th
Eva Y8 100m - 4th
Year 7 Relay Team - 4th
Year 8 Relay Team - 4th



Students Perform for LAMDA Examiner

This year 30 students have been working on the LAMDA acting programme, preparing for taking exams ranging from Grade 4-7. The students have been training with actor and LAMDA coordinator, Jacob Bee for several months and have worked exceptionally hard to develop their performance skills and techniques. The visiting examiner has attended two days of examinations and has been really impressed by the range of talent and enthusiasm shown by all students. We look forward to sharing their results with you in the near future!



Year 7 Students Speak Proudly

Congratulations to Year 7 Students, Lilia and Jessica, who competed in the Archdiocese of Liverpool Public Speaking Competition. The competition, held on Thursday at Archbishop Beck Catholic College, drew students from across the city and we're very proud of our two speakers who were awarded certificates for their confidence and excellent preparation.



PSHE Day



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A Wonderful Day of PSHE!

On Thursday the whole school diverged from their normal timetable in a whole school PSHE drop-down day with engaging activities for all! The day brought a mixed programme of events delivered by both school staff and external visitors, all centred around student development and wellbeing responsive to student need.

Year 7 students enjoyed team working and art therapy workshops, producing some beautiful decorated orbs. Part of their day saw pastoral walks, and they enjoyed drama workshops and a fashion design workshop with visiting practitioner Kirsty Doyle.

Year 8 students got the chance to burn off some energy dancing, and move in a far more controlled way picking up some vital life skills in self defence with visitors MMA Defence. The afternoon brought workshops about relationship with other students delivered by Natalie Vaughn from AIMS.

The day for Year 9 was based around visiting group 'The CELLS Project', an organisation dedicated to showing young people the consequences of crime and the realities of criminal life. The team delivered five workshops: 'Prison and life after prison - a girl's view', 'Gun, gang and knife crime', 'Family and victim perspective', 'Drugs and alcohol' and 'Joint enterprise and exploitative relationships'.

Year 10 students saw some great work in Careers, alongside more relaxing activities including baking and nature walks.

Throughout the day students across all years cast their votes in our mock election, with Year 12 students casting their votes before they left for an off site visit to Wrexham University. Thank you to all of our students for engaging with the day's activities so well, and to our staff and visitors for delivering a fantastic day.



Election Day at St. Julie's

Although St. Julie's is not an official Polling Station, Thursday still saw plenty of votes cast as, during our PSHE day, we held a mock election amongst all students. Five Sixth Form Humanities students volunteered to represent five of the major parties and each recorded a candidate statement video which voters were able to watch in the run up to election day. With the votes counted we can report a victory for the Labour Party, represented in our mock election by Libby. The experience of casting the ballot was designed to reflect a real life Polling Station so that our students can feel prepared for when they cast their first votes as adults. Thank you to all of our volunteer candidates, some of whom were called upon to bravely represent and articulate ideologies far removed from their personal views!

Summer Mental Health Support

You can [click here](#) for a copy of a bulletin listing mental health support services that can be accessed throughout the summer, as well as some training opportunities for parents and carers.



Year 13 Prom

See more photos in the [story on our website](#).



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Register As An Alumnaus

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](#).



Recommended Read for July

If you're stuck for reading inspiration why not take a look at our recommended read? This month we're suggesting 'A Cool History of Ukraine: From Dinosaurs Till Now' by Inna Kovalyshena..

What kind of dinosaurs lived in Ukraine? Who fought for Ukraine's independence? Why were the Cossacks so glorious? These are just some of the questions they explore.

- Includes a chapter covering Ukraine's current situation
- Stunning, vibrant art throughout the book
- An accessible guide to Ukraine's history

A unique approach to non fiction, this is an important read for all children who want to understand more about what life was like in Ukraine before the war with Russia, and how things have changed.



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](#).

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.

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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->

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](#).

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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/>

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](#).