



St. Julie's Catholic High School

Weekly Newsletter

Forthcoming Dates for your Diary

9th – 15th February
National Apprenticeship Week

11th February
International day of Women and Girls in Science

12th February
Careers Fair

13th February
Students finish for February half-term



Year 11 Students Celebrate Mass

With the exam season looming Year 11 students celebrated Mass on Wednesday to pray for themselves and all those who will have formal exams this year. The Mass offered a time of peace, reflection and reassurance that our students are not alone in their struggles and anxieties. Fr Stephen Pritchard and Fr Peter Murphy preached on the Gospel taken from Matthew of Jesus calming the storm which was a powerful reminder that we can find peace in God, even when we feel overwhelmed.



Golds Again for Emmie!

Congratulations to Emmie from 8 Nugent who successfully defended her butterfly stroke titles at the Cheshire Gala at Macclesfield. Emmie took gold in the 50m and 100m races in the 14 year old category. She then stepped up to the junior category, competing against opponents up to age 16, and earned a phenomenal bronze from an opening field of around 100 swimmers. Well done Emmie!



Players Medal at LSSP Dodgeball!

Congratulations to our Year 7 and 8 students who competed at the LSSP Dodgeball tournament hosted at Belvedere this week, earning some medals! The players worked really hard, giving 100% effort in every game. The players finished second out of a field of ten teams facing players from St. John Bosco, Alsop and Gateacre. Well done to our star players of the day: Nancy in Year 7 and Riya in Year 8.

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

Progress Leaders

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Mobile Phone Policy Consultation

This week all parents should have received a link to a consultation on our school mobile phone policy inviting opinions to help us inform our strategies going forward. You can [find the consultation feedback form here](#).



Cake Sale Sold Out!

Thank you to everyone who bought a ribbon or cake in Wednesday's fundraising sale which was a sell out in support of the Lord Mayor's Legacy Fund. The £179 raised in funds will go towards providing training and opportunities for Youth Worker development in the city.



Theatre Trip For Performing Arts Students

Over the course of two nights, seventy five of our Performing Arts students have visited the Empire Theatre for a performance of the smash-hit musical, Mary Poppins! The fantastic choreography, outstanding singing and dazzling costumes blew the students away,

not to mention seeing Mary Poppins take flight! We are now looking forward to our forthcoming shows, 'The Woman in Black', 'The Red Shoes' and 'Dear England'.



The Big Trust: Women in Construction Project

This week marked the last school based session for our Year 9 cohort. Guest speakers have included female electricians, plasterers, managers and recruiters. Students learned about their different roles, how to qualify, labour market information, why it's important to challenge stereotypes and consider a wide range of career opportunities. Gail from HMS shared her experiences and the growing number of women in the construction industry. We'd like to thank Billie and Hannah for inviting us to take part in The Big Trust Project, and look forward to an off-site trip to consolidate our learning in the coming weeks.



Smoke Free Liverpool Present to Year 8

On Thursday morning students in Year 8 enjoyed an informative assembly from Smoke Free Liverpool. During the session the students taught about the facts and dangers of smoking and vaping, and were given advice on how and where to reach out for support. Smoke Free Liverpool also offer

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guidance for parents which [can be accessed here](#).

NATIONAL APPRENTICESHIP WEEK 2026

St Julie's celebrates National Apprenticeship Week 2026

During National Apprenticeship Week 2026, students will be taking part in a range of activities and learning opportunities across different curriculum areas to help them explore apprenticeships and the pathways they offer. Alongside these in-class activities, we also have [some important updates and information to share](#) with both students and parents about apprenticeships, training routes and next steps. These updates will help families stay informed and support students in making confident decisions about future education and career options. [Click here to read a short guide for parents and carers](#) regarding apprenticeships. To support this, we would like to highlight the following useful resources:

- **[A-Levels, T-Levels or Apprenticeships? – 2026 Guide](#)**

This guide helps students and parents understand the key differences between post-16 options, including academic and technical routes, to support informed decision-making. Click here to read: [A-Levels, T-Levels or Apprenticeships? 2026 Guide](#)

- **[Ultimate Guide to Apprenticeships from 2026](#)**

[This short but engaging video](#) offers a clear overview of how apprenticeships work from 2026 onwards, including levels, entry requirements and progression opportunities.

- **[Apprenticeships Explained – What You](#)**

Need to Know (Student Information)

[A student-friendly introduction](#) explaining what an apprenticeship is, how training is structured and what to expect as an apprentice.

- **Support for apprentices with a learning difficulty or disability**

This resource [Support for apprentices with a learning difficulty or disability](#) outlines the support available to apprentices with additional needs, including reasonable adjustments and financial support; and this short video - [Support for Applying for Apprenticeships](#) is a helpful guide for SEND students and their families, focusing on the application process and the support available before and during an apprenticeship.

We encourage students and parents to explore these resources and engage with the information shared throughout the week.

Students can even [complete this online quiz](#) at the end of the week to test their understanding.

If older students are unsure about their next steps after St Julie's, [this short video](#) outlines some top tips for choosing between university or an apprenticeship.

Students can request a one to one careers meeting with our Independent Careers Advisor via Form Tutors, Progress Leaders or by emailing:

smannings@stjulies.org.uk

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English Literature

- Know the texts! This is the number one piece of advice from the exam board. The best way to do this is by reading the text(s) again at home. If you need to borrow a copy, please ask Mrs Walker.
- Learn high utility quotations for characters & themes & know what method the writer is using in these quotations- you have sheets in your year 10 books which point these out.
- GCSE Pod has some brilliant videos for each text.
- GCSE bitesize has lots of resources for each text: [GCSE English Literature podcasts - Shakespeare's Macbeth - BBC Bitesize](#)
- Have a secure knowledge of the text's context: why was it written? What are the big ideas behind the text? What is the writer's purpose? Look at your context mind maps from year 10.
- Learn key vocabulary & essay structures taught in the lessons e.g. thesis statements, deconstructed model answers.- these are all in your books!
- Past papers! Any completed at home can be marked by your teachers: [Revision World - GCSE and A-Level Revision Resources](#)

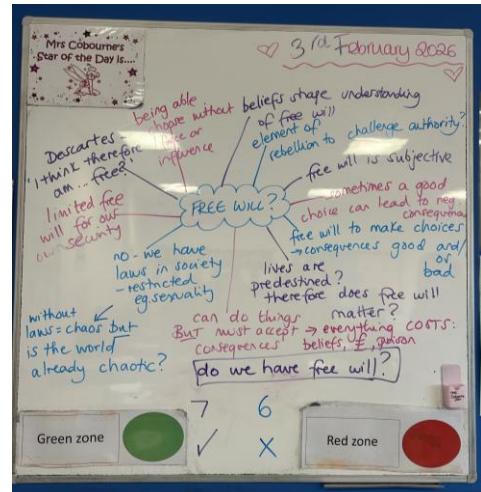
Subject Revision Focus Slides

Every week we're sharing a different subject focus with our Year 11 students. This week we're looking at English Literature.



On Wednesday, we watch Mean Girls!

Youth SVP is delighted to invite Key Stage 3 students to a *Mean Girls* movie night on Wednesday 11 February, from 3:30–5:30 pm. Expect a fun afternoon of film and treats. To attend, students can purchase a goody bag via ParentPay and return a completed permission slip. All funds raised will be donated to the kNOW Knife Crime Foundation, helping to support an important cause.



Asking the Big Questions in Philosophy Club

This week in Philosophy Club we were talking about one of the Big Questions in Life - Free Will - and it generated lots of healthy discussion and debate. Philosophers don't always agree — and that's the point! Would your daughter like to be part of this conversation? She come along to join in the discussion! The club meets on Tuesday lunchtimes lesson 4 in B203 with lunchtime passes available from Mrs Cobourne.

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Year 10 Students Meet Liverpool Bambis

In PSHE lessons this week a group of Year 10 students enjoyed a workshop with Liverpool Bambis, a team dedicated to promoting the health benefits of breastfeeding and dispelling some of the associated myths. Thanks to Rachael and Stacey for an engaging and informative session!

ACWY into adulthood. If your child did not receive their HPV immunisation in Year 8, it is not too late for them to catch up. Please use the link below to access further information and complete your child's consent form, even if you **DO NOT** want your child to receive any immunisations. This helps the team prevent unnecessary follow-up and supports the smooth running of the immunisation session.

<https://econsent.merseycare.nhs.uk/>

If you would like to discuss anything further, amend a form, or need support completing the consent process, please contact the Immunisation Service on:

0151 295 3833 or mcn-tr.vacandimms.team@nhs.net



Free Training

Please find a link below to free parental training for parents and carers to support their daughters. All training is conducted by members of Liverpool's Mental Health Support for Children and Young People Partnership.

[Parents & Carers - Liverpool CAMHS](#)



Year 9 Immunisations

All Year 9 children are due their routine immunisations to boost their immunity and ensure continued protection against Diphtheria, Tetanus, Polio, and Meningitis



Parent Governor Elections

We're pleased to let you know that we've had strong interest in applications for the positions of Parent Governor and will be proceeding to a parental ballot. Ballot packs will be distributed shortly by post.



Careers Fair!

We are excited to share that our Whole School Careers Fair will take place on **Thursday 12th February in the Sports Hall**, in partnership with Career Connect. This event is a fantastic opportunity for students

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across all year groups to meet and engage with a wide range of employers, FE colleges, apprenticeship providers, universities and traineeship organisations, all here on site. A diverse mix of employment sectors will be represented, offering something for every interest and ambition. Exhibitors range from fashion to football, the RAF to construction, and hairdressing to the NHS, giving students a real insight into the breadth of pathways available to them in the future. The Careers Fair will also help students deepen their understanding of Labour Market Information (LMI), including local growth sectors, emerging industries and the skills most in demand in our region. Crucially, it will give students the chance to make meaningful links between what they learn in the classroom and the careers those subjects can lead to. By speaking directly with professionals, students can explore future career trends, ask questions, and begin to make informed decisions about their next steps. We look forward to welcoming all our exhibitors on site next week and to seeing our students take full advantage of this valuable and inspiring opportunity.



Logging into GCSEPod

[Click here for the quick guide](#) to helping your child log into to GCSEPod, a fast paced, easily accessible and carefully curated set of revision guides, available right on their phones.



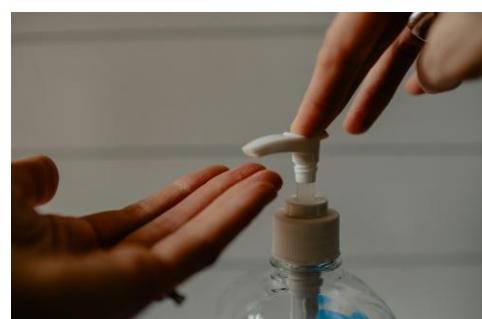
Support Services from River Young People

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.



Healthy Schools and Controlling Infection

As we enter the period of seasonal illnesses we're working hard as a school to manage infectious diseases within the school community and following relevant guidelines. You can help to keep your child healthy by [considering](#)

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[this government advice](#). Most mild illnesses - such as a runny nose, sore throat, or slight cough - do **not** require time off school, unless your child has a temperature. There's [more guidance on that here](#). It's always helpful to book medical appointments outside of school hours where possible. Where this isn't possible, they should bring their child to school before, and return after, if they are well enough. Pupils can attend appointments in their school uniform.

Vaccinations are a key line of defence against flu and other preventable illnesses. When children and young people receive all the recommended vaccines in the national immunisation programme, it helps protect their health and support the wellbeing of the whole school community. School Age Immunisation Services (SAIS), commissioned by NHS England, deliver these free vaccinations in schools. This autumn, all school children in England (from reception to year 11) will be offered a [flu vaccination](#) at school. There's more information about vaccination programmes in secondary schools [here](#).



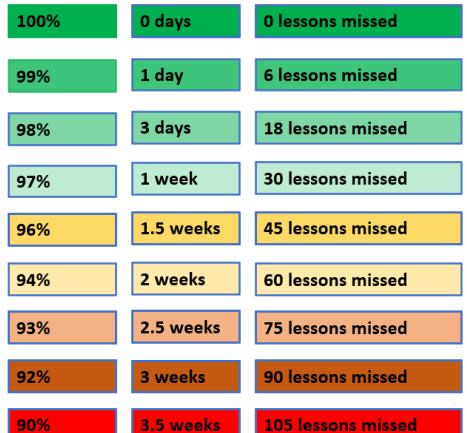
Punctuality Procedures at St Julie's

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](#).



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 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

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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-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

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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:

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

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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 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. EHWB@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](#)