



St. Julie's Catholic High School

Weekly Newsletter

Week beginning 9th March

Forthcoming Dates for your Diary

6th-15th March
British Science Week

11th March
Year 6 Welcome Event

11th March
Young Carers' Action Day

16th March
British Science Week

26th March
Notre Dame Awards Evening



It's National Careers Week!

This week has marked National Careers Week and we've celebrated the occasion with a host of external speakers coming in to school to engage our students in their career paths and industry sectors with practical advice and fun activities. Throughout this newsletter you can read more about our guests and the organisations they represent. Our students have found the insights offered to be incredibly valuable and we'd like to thank all of our speakers for making time in their busy schedules to come and tell their stories.



Sixth Form Parents' Evening

Thank you to all of the parents and carers who were able to attend our Sixth Form Parents' Evening on Thursday. It was a great opportunity for staff to have informed discussions with parents and we hope that you found the event helpful and informative.

St Julie's Celebrates World Book Day

On Thursday the world celebrated 'World Book Day', and at St Julie's we had a 'book and bake' event, at which students were invited to bring or borrow a book and enjoy reading whilst munching on a sweet treat! Our readers took advantage of the beautiful midday sunshine to sit outside and relax into their reading in a session supervised by our Sixth Form volunteers. Thank you to everyone who took part!

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Progress Leaders

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NCW: Cabin Crew Offer High Flying Insights

As part of our work for National Careers Week we were delighted to welcome former student Amy, a Cabin Manager from Easyjet and Stephanie, cabin crew and trainee pilot from Tui into school to speak about their experiences as members of the airline industry. Students studying our Travel and Tourism course were able to enjoy a comprehensive presentation exploring the world of flying and allied professions, as well as the broader travel industry and the personal qualities needed to succeed. The presentation offered valuable insights and practical guidance which our students found very valuable. We'd like to thank Amy and Stephanie for giving their time and talents so generously.



Diving Into Marine Biology for British Science Week!

On Friday we kicked off British Science Week as some of our Year 10 students were delighted to welcome back a former student Dr Horner who is now a marine biologist. Dr Horner spoke about her journey from school to university and into her career, sharing her passion for marine life and conservation. Students learned about the different areas of marine biology, the type of research involved in protecting ocean ecosystems, and the variety of

careers available within the field. Her return to school provided an inspiring example of how curiosity and dedication can lead to exciting career opportunities.



Letter From The Headteacher

Please [click here](#) for a copy of a letter circulated by Mrs McCourt to all parents with information about the forthcoming celebration of 175 years of Notre Dame teaching in Liverpool.



Healing Week

We are now in the season of Lent which is a season of reflection, repentance and renewal. To encourage us on our Lenten journey, next week 9th - 13th March is going to be a 'Healing Week' in school.

Each morning, Year Groups will have their Celebration of the Word with an Examination of Conscience. In the afternoon, they will then be offered the opportunity to receive the Sacrament **OR** a blessing **OR** a quick chat about something that is weighing on their heart with a local Priest from 1.30 - 3.05pm.

This will create some time and space during this season to help students consider how they relate to others in words and actions and to try to seek a way to get along with people. Please encourage your

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child to take advantage of this opportunity.

And for us as adults, maybe it can be a reminder to try to repair any personal or work relationships that need attention.

Examination of Conscience for Parents/Carers

- Do I live for myself, or for God?
- Have I given the impression that other things are more important than prayer, Mass, etc.?
- Do I model positive language and behaviour?
- Am I modelling integrity, or do I present different versions of myself, depending on who is around?
- Have I acted selfishly or greedily?
- Do the children in my care see me prioritising material goods or superficial relationships?
- Am I impatient and lose my temper easily? Can I say sorry?
- Have I caused loss, injury, or harm to others, through words or deeds?
- Do I make an effort to know and care for others, or limit my concern a small circle?
- Have I used money, technology, or constant activity as a substitute for family time?
- Have I helped my children to find empathy for others in hard situations?



NCW: Local Politics With Cllr Harry Doyle

Our Year 13 A Level Politics students benefited from a lively and engaging visit by Councillor Harry Doyle, who spoke about his role in local politics and his career journey to date. He then stayed to host a

special Q&A session with our Junior 1804 Society, about which you can [read more here!](#)

Vacancy for School Cleaning Assistant

We're currently advertising a vacancy for a cleaning assistant, if you or anyone you know might be interested you can [find out more information here.](#)



NCW: A Reverend Reflects

On Wednesday Reverend Kim Mannings spoke to two groups of RE students about her own career journey, reflecting on how her values and interests have shaped her professional choices over time. Reverend Mannings talked about her calling at 16, her experiences as a teacher, and how varied her day to day job is. Students also learned about the qualifications required for her role and were keen to engage in discussion about the different aspects of her work.



NCW: Making a Career in Music!

Music students were treated to an insightful careers talk from Stephen Mannings, who spoke about the diverse opportunities within the music industry - from performance and production to composition and teaching - and the importance of resilience, adaptability and networking in creative careers.

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Stephen then stayed to lead a fun workshop with a class of our Year 7 students drawing on his experiences working with choirs.



NCW: Building for the Future

On Friday we welcomed Tracey Collins who delivered an informative and motivating presentation about women in the construction industry. As well as exploring different routes into the industry, she highlighted the wide range of roles available across the sector, from engineering and project management to design and skilled trades, while challenging stereotypes and encouraging students to consider careers in an industry that is growing and evolving.



NCW: Year 9 Explore Engineering

In Year 9 Citizenship on Wednesday, students were joined by Abbey from TTE, who delivered an engaging presentation on careers in construction and engineering. Abbey reinforced the important message that there is a growing and exciting place for women in STEM, encouraging all students to challenge stereotypes and consider the wide range of opportunities available to them. Year 9 had lots of interesting questions for Abbey and we'd like to thank her for coming in

to share her valuable insights, LMI and STEM opportunities with them.



NCW: Year 7 Engage in Construction Challenges

On day 3 of National Careers Week, Year 7 welcomed Jeff from Construction Resources into their ICT lesson, where they took part in a mini group-work challenge linked to the construction industry. The session focused on developing transferable skills such as teamwork, communication and problem-solving - skills they can apply across their subjects and well beyond the classroom.



NCW: Budding Writers Meet Former Sky TV Presenter!

We were delighted to welcome back former broadcaster and journalist Tim Abraham from LJMU on Tuesday. Year 12 Combined English students were treated to a career and HE presentation, in addition to learning about Tim's career. With over 30 years as a broadcast journalist, 23 at Sky Sports, Tim now teaches journalism and sports journalism at LJMU, keen to pass on his experience to a new generation. Students were keen to engage and asked advice in relation to potential career pathways, the different types of journalism, how to select courses at HE and what he felt were the best

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parts of the job. To learn more about the journalism course at LJMU, [click here](#).



NCW: Humanities Students Discover Environmental Health Careers

Year 7 and Year 10 students were treated to a lively and engaging presentation by Graeme from LJMU on Tuesday as part of our NCW activities. Students learned about Graeme's career pathway and his current role. They also learned what Environmental Health means and how it covers every aspect of our daily lives. Following this, Graeme informed students of the courses available at LJMU in relation to Environmental Health culminating with some aspirational facts and figures about how to become an EHP. We'd like to thank Graeme to returning to us again this year and look forward to seeing him at St Julie's again soon! For more information about the course Graeme discussed, [click here](#).



Year 9 Students Explore Careers in Law!

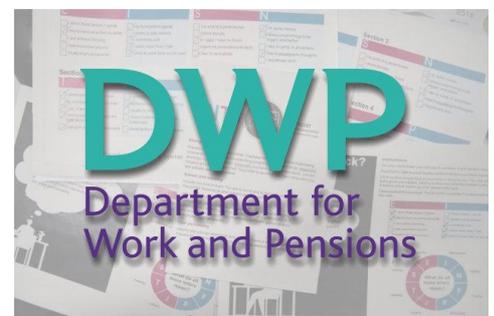
Andrew from MSB solicitors worked with a group of Year 9 students on Monday afternoon to introduce them to careers in law. Students role played legal career roles such as prosecution and defence solicitors and acted as judges to determine whether the case they were

presented with contained enough evidence to secure a conviction. Students analysed fictitious statements and worked in groups to arrive at their conclusions before taking their arguments to the judge. We'd like to thank all the students who participated and Andrew for coming in to lead the session.



NCW: An Introduction to University

On Friday Ella Taylor from Liverpool Hope University delivered two engaging sessions tailored to different year groups. Year 8 were introduced to the concept of university, exploring what university life is like, the range of subjects available to study, and how higher education can open doors to different careers. Meanwhile, Year 10 took part in a session focused on planning their next steps after GCSEs. They explored the different pathways available, including A Levels, college courses and vocational routes, and learned how these choices can lead to university and a wide range of future careers.



NCW: Department of Work and Pensions

Year 10 Maths students enjoyed a presentation from Anita at the Department of Work and Pensions on Monday as part of our National Careers Week activities.

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Students learned about the different roles in DWP and relevant LMI to support the roles discussed. They considered jobs of the past and jobs of the future to encourage them to think about potential career pathways. Following this, they explored the concept of soft skills, their value and ways they can develop their soft skills through a variety of ideas ranging from cadets to volunteering. A Year 7 Maths group took part in an employer-led activity which encouraged them to think about businesses and them paying tax. They were given a fictitious pizza company to investigate, facilitating discussion and group work to learn more about the role of HMRC in businesses. We'd like to thank Anita for coming in to speak to the students.



Management of Medication

Dear Parents and Carers, We want to ensure the safety and wellbeing

of all our students, and managing medication in school is an important part of this. Please take note of the following key procedures: **All medication must be handed in to the school office**

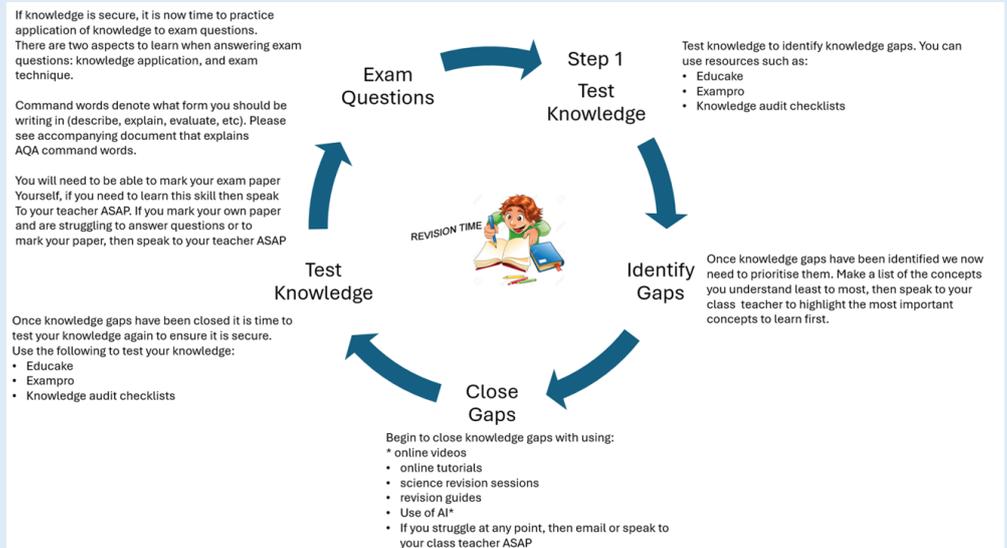
We need to have written consent from parents and carers before providing any non-prescription or prescription medicine to pupils under 16. When bringing medication to school, you must:

- Hand all medication directly to the school office
- Complete the medication form provided by the office
- Ensure medication is in its original container with clear labelling

Students must not carry medication in bags or blazer pockets

For safety reasons, students are **not permitted** to carry medication around school in their bags or blazer pockets. This helps us to:

- Keep track of all medication on the premises
- Ensure medicines are stored safely and securely
- Make sure pupils know where their medicines are at all times and are able to



Subject Revision Focus Slides

Every week we're sharing a different subject focus with our Year 11 students. This week we're looking at Science, and there are four slides this week that [can all be found here](#).

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access them immediately when needed

Exceptions

There are some circumstances where students may carry their own medication (for example, asthma inhalers or adrenaline auto-injectors for severe allergies). Wherever possible, we encourage pupils who are competent to take responsibility for managing their own medicines and allow them to carry their own medicines and relevant devices, or to access their medicines for self-administration quickly and easily. If this applies to your child, please speak to the school office about the appropriate arrangements.

How to get medication forms

Medication forms are available from the school office. If you have any questions about our medication procedures or need to discuss your child's specific medical needs, please don't hesitate to contact us.

Thank you for your cooperation in keeping all our students safe.



The CAYP Webinar Series

Free Online Webinar for Parents

CAYP Psychology are running a free webinar for parents on Tuesday 24th March 2026 from 8:00-9:00pm. The session is going to explore what may be driving ongoing difficulties with focus, emotional regulation and impulsive behaviour in children and young people. You can [find out more about the event and book your place here.](#)



Neurodiverse Family Support Network Information Event

Easter Revision Sessions

The provisional schedule for Easter revision sessions is shown below. More information will follow in future weeks.

	Monday 30th March	Tuesday 31st March	Wednesday 1st April	Thursday 2nd April	Friday 3rd April
AM Session 9-12	RS A Level (Ethics and Christianity) THY	English Literature- Plot revision DWA, HKI, MMO	Art GCSE and A Level ABE/NIZ	GCSE PE Revision	School Closed
PM Session 12-3	RS (Philosophy and Christianity) JCO	Geography GCSE (FFO)	Art GCSE and A Level ABE/NIZ		
	Monday 6th April	Tuesday 7th April	Wednesday 8th April	Thursday 9th April	Friday 10th April
AM Session 9-12	School Closed	RE GCSE Paper 1 (KBR THY)	RE GCSE Paper 2 (SPE, JCO)	History GCSE (JTO)	
PM Session 12-3				Politics A Level (JTO)	

Saturday Drama: 25th April (AM): Billy Elliot 2nd May (AM): Blood Brothers

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The Neurodiverse Family Support Network are hosting a support and information event at Sefton Park Palm House on Sunday 22nd March from 11am to 2pm. Parents, carers and professionals are invited to go along, meet with and speak to specialist services and activity providers working with early years right up to adulthood. It's a free event and you don't need to register in advance.



Featuring expert contributions from over 80 education practitioners



UniTasterDays Publish 2026 Guide

The 'Students' Guide to University' by UniTasterDays has been published and is a valuable read for anyone starting on the road to applications. You can [get it here](#).



Support Services from River Young People

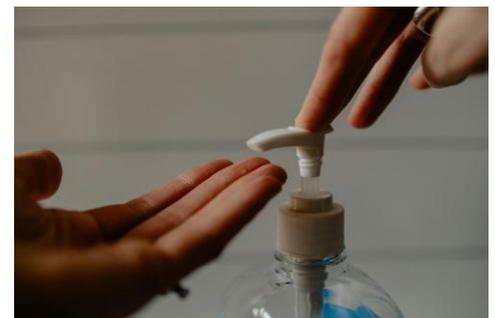
River Young People Support Services provides free and confidential support for young people impacted by drug or alcohol use. They work closely with schools to offer accessible, student-centred

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 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.

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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](#).

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 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 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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Science: [Mr J Magor](#)
RE: [Mrs T Hyland-Williams](#)
MFL: [Mrs R Buckton](#)
Humanities: [Miss J Rimmer](#)
Performing Arts (including PE): [Miss A Douglas](#)
Art and Technology: [Mrs A Bell](#)
Social Sciences and Computing: [Mrs K Byrne](#)

SENDCo: [Miss S Jackson](#)
Safeguarding: [Safeguarding Team](#)

Why not visit our Websites?

[St. Julie's Main Website](#)
[Chaplaincy Website](#)
Chaplaincy Instagram: [stjulies125](#)
[Wellbeing Website](#)
[Careers Website](#)

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 11111; 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
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 -

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 O Knisz](#)
Year 8: [Mrs J Navarro](#)
Year 9: [Miss C Corrigan](#)
Year 10: [Miss V Homer](#)
Year 11: [Mr M Mottram](#)
Sixth Form: [Mrs R Lyons](#)

Curriculum Leaders

English: [Mrs D Walker](#)
Maths: [Miss M Naylor](#)
Science: [Mr J Magor](#)
RE: [Mrs T Hyland-Williams](#)
MFL: [Mrs R Buckton](#)
Humanities: [Miss J Rimmer](#)
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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.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](#)