



St. Julie's Catholic High School

Weekly Newsletter

Week Beginning 9th October 2023

Forthcoming Dates for your Diary

- 12th October**
Year 7 Welcome Mass
- 26th October**
Year 9 Parents' Evening
- 26th October**
Students finish for half term at 3pm



Congratulations to our New Prefects!

Congratulations to our Year 11 Prefects who celebrated their inauguration at a ceremony this evening in the school Chapel. The students undertook a rigorous process of application forms, interviews and staff endorsements to be successfully appointed to the role. Aislinn was elected by staff and peers as our Senior Prefect this year and we offer our sincere congratulations to her, and to all of our Prefects. The role presents a fantastic opportunity for the students to demonstrate their student leadership and we look forward to working with them throughout the year.



Taekwondo Medal at National Championships!

Congratulations to Freya in Year 10 who earned a bronze medal at the British Taekwondo National Championships in Sheffield. Freya, who trains at Liverpool Elite Taekwondo in Aintree, fought in the under 55kg Cadet category and reached the semi-final. You can read more about her medal win in the [full story on our website](#).



Under 14 Footballers Through To Round Two!

On the 28th September our Under 14 footballers contested a breath taking fixture against Chesterfield High School in the first round of this year's ESFA Competition. Injuries saw the team travel with just one substitute and three players promoted into the side from Year 7. Two early goals in the second half saw Chesterfield take a 6-2 lead

**ST. JULIE'S
STUDENTS
WHO ARRIVE
ON TIME
HAVE
HIGHER
READING
ABILITY**

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and put the game seemingly beyond reach before our players dug deep to score FIVE goals, rocketing the winner in the last five minutes! [Read the match report here.](#)



Year 7 Welcome Party!

Last Friday students from Year 7 ended the week in style with a welcome party! The Performing Arts department hosted a fantastic party so that students from different forms and bands got the chance to get to know each other in a more informal context. It was a fun evening full of dancing, music and some brave souls even took on the karaoke challenge! Thanks to all of the staff involved for making such a memorable occasion.



Admissions Consultation

Every seven years a foundation school must undertake a consultation process for their Admissions Policy. At this point, St Julie's Catholic High School do not want to make any changes to their Admission policy. The Planned Admission Number (PAN) will remain as 180. The consultation process will last for 6 weeks between 1 October 2023 and 12 November 2023. Any comments on the Admissions Policy should be addressed in writing to the Clerk to Governors: hchapman@stjulies.org.uk



Live simply, sustainably and in solidarity

Focus:

Live sustainably

Tip:

Cut down on plastic use where possible and recycle.

Prayer:

Open our eyes. Lord to see what we are doing to Your creation.

We pray that we find other ways of generating energy and that those who seek to exploit creation for profit can see the error of their ways. Help us remember it is Your creation, not ours.

Amen.



PC Patterson Meets Year 7

This week Year 7 students met our schools Police Officer, PC Mark Patterson. PC Patterson explained his role to our students, and gave them some useful advice about the legalities of certain behaviours both in school and on social media. The students found his advice very helpful and gave them something to think about!

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Study Support Presentation

Thank you to all of the parents and carers who joined us for our recent study support evening. A copy of the presentation that was delivered on the night is [available here](#).



Students with SEND 'Pupil Voice' Success!

Students participated in a pupil voice project along with other schools in the city. St Julie's students proudly represented themselves as advocates for ASD through their own lived experiences and their voice.



This involved them stepping out of their comfort zone and having to interact with other students with ASD from North Liverpool Academy, SFX, and Archbishop Blanch.



Another First Round Win!

Our U13 Team have chalked up a first round win the ESFA Cup with a 3-5 victory against Hilbre High School! Our team of players from Years 7 and 8 took on very muddy and wet conditions but produced a polished performance with goals from Libby in Year 8 (2), Annabella in Year 7, Alice in Year 8, and Imogen in Year 8. Congratulations to all of the players who face Oldershaw in the next round.
Year 7 Players: Sophia, Scarlett, Annabelle, Lois, Freya, Maisie, Imogen, Luella
Year 8 Players: Imogen, Amelia, Grace, Libby, Paige, Alice



Music In Worship

Students in Year 10 have had the full experience of music in worship from Mrs Wallace as she introduced various types of music used in Catholic worship. Students have heard some Plainchant, Traditional Hymns and Contemporary Hymns and have reflected on each type of music. They have considered and discussed the positives and negatives of each type of music and thought about which one they feel is most beneficial to Catholic worship today. Students found this particular enjoyable - and they especially liked the contemporary hymns like 'Gloria' by Mike Anderson and 'My Lighthouse' which is definitely a St Julie's favourite.

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Cash for Kids Challenge!
We're fundraising as part of the Radio City and Greatest Hits Radio North West Cash for Kids challenge to equip a new sensory room to support our students with SEND. If we are among the top three schools for fundraising we get an extra award from the funding charity! If you would like to help support us in reaching our target you can [donate here](#). Thank you!



PSHE/RSE Feedback
We regularly review and update the content of our PSHE and RSE curriculum to ensure that it is appropriate, relevant and helpful to our students. We'd welcome your comments and observations and if you'd like to share your thoughts [you can do that here](#).



A Spirited Defeat for Year 9 Netballers
Commiserations to our Year 9 netball team who didn't see results go their way despite a fantastic effort. The team can take pride in some outstanding play, but

ultimately the team from Rainhill prevailed. Congratulations to Olivia, our player of the match!



LJMU Offers Advice to Sixth Form
We welcomed Mariama Djaura from the Liverpool John Moores University Outreach Team into school this week to share valuable information about Higher Education. Mariama spoke to all of our Sixth Form students with information about different institutions, types of courses, expectations of student life and the all important application procedure! Thanks to Mariama for joining us.



Star Athletes: Scarlett's Story
In the third of our series of athletes joining us in Year 7 we hear from Scarlett, a footballer under contract with Blackburn ETC! Scarlett plays as a centre forward or attacking winger on either side of the pitch and her football journey began in kickabouts with her elder brothers. Her interest developed enough to see her join a team, and at 7 Scarlett joined Woolton MSB, playing for two seasons against boys. After her time developing at Woolton Scarlett transferred to Liverpool Feds where she played for two and a half seasons. To grow her game time, Scarlett also joined Marina Sands in Hightown who play

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their matches on Sundays, and having won the League Title twice, Scarlett continues to represent them. At 10, Scarlett undertook a trial for Liverpool Schoolgirls at which she was successful and for whom she has scored many goals, with a highlight being winning the Silver Plate at Goodison Park. With an eye on the professional game, Scarlett trialled for Blackburn Rovers emerging talent centre - a stepping stone to Academy status - and her successful trial secured a contract. Scarlett's motivation was easy to identify: "I enjoy playing! The sense of achievement after a match where I know I've played well is a lovely feeling." Scarlett's guidance to aspiring players follows a similar principle: "Always try your best and enjoy it!" We'll keep you up to date on Scarlett's progress!



DESIGN A CHRISTMAS CARD COMPETITION!

#liveinsolidarity

- In November we will be sending Christmas cards to Christians in the Holy Land.
- Many Christians are persecuted because of their faith.
- We want **YOU** to design a Christmas card that can our school can send to parishes and schools in the Holy Land!
- Designs can be hand drawn or designed with digital artwork
- Cards must have a FAITH message (e.g. Nativity/peace/hope etc)
- Submit your design to our Chaplain by Friday 21st October

Design a Christmas Card Competition

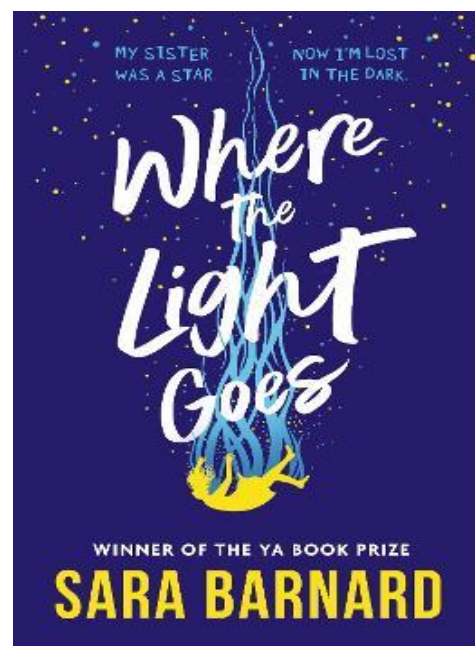
One of our Live in Solidarity actions is to send Christmas Cards to Christians in the Holy Land who are being persecuted for their faith. So we have launched 'Design a Christmas Card' competition for all years! The best entries will be made into school Christmas cards that will be signed by form groups and posted off to schools and parishes in Jerusalem.

- Designs can be hand drawn or designed with digital artwork - no bigger than A4 please
- Cards must have a FAITH message (e.g. Nativity/peace/hope etc)
- Submit your design to our Chaplain by Friday 21st October

Please write your name and form in pencil on the back of your entry. All entries will receive a small prize and winners will receive a prize and have their design turned in to our official Christmas Card!

Careers Updates

This week we've got details of a [three day information and experience programme](#) for people interested in Construction. This is free, but has limited places and is available only to residents of Knowsley. Our [provider access statement](#) is available on both our main and Careers websites. We circulate a weekly careers newsletter to parents, and copies of all of the previous issues can be found on the [dedicated page](#) on our careers site.



Recommended Read for October

If you're stuck for inspiration for a read why not dip into our recommended read for the month? For October we're recommending 'Where the Light Goes' by Sara Barnard.

A heart-wrenching exploration of grief from a bestselling YA author, set in a landscape corrupted by fame and the scrutiny that comes from living in the shadow of a star.

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To the world, Lizzie Beck is a superstar: famous, talented and beloved. To Emmy, she is simply Beth: her brilliant older sister, her idol. But then Beth takes her own life, and all the light in the world disappears. Now Emmy is lost. Amidst the media storm and overwhelming public grief, she must fight to save her own memories of her sister – and find out who she is without her.

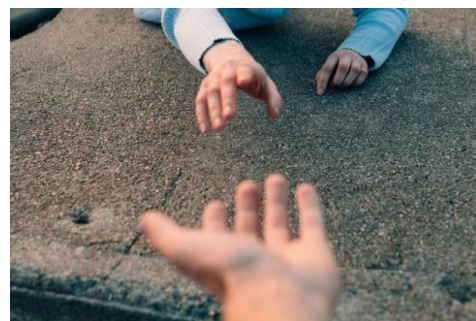


November Vaccination Programme: Winter Flu Vaccine

Please [click here for a copy of a letter](#) that we have been asked by Mersey Care to circulate to parents of students in Years 7 to 11 relating to the winter flu vaccine programme.

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.



SEND Support Helplines

Helplines for Settings and Families
In response to the current coronavirus pandemic, Liverpool Local Authority's SEND Support Services would like to offer advice and support to our settings and families during this difficult time.



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

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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-](https://learnliveuk.com/network-rail-secondary-school-safety-talk/Occupational%20Therapist%20who%20is%20supporting%20the%20child%20for%20advice%20or%20alternatively%20for%20general%20enquiries%20please%20email%20chot@liverpool.gov.uk)

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

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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](#).