



St. Julie's Catholic High School

Weekly Newsletter

Week Beginning 10th January 2022

Forthcoming Dates for your Diary

10th January
Covid Testing

11th January
Year 11 Mocks begin

28th January
Year 8 Virtual
Parents' Evening (3-6.30pm)



A Smooth Start In Testing Times

We'd like to thank all of our staff and students for the smooth start we have made to the new calendar year, not least because of the excellent participation of students during day one Covid-19 testing, and their rapid and mature adoption of slightly revised infection control procedures. The second round of testing will take place on Monday 10th January and we look forward to a similarly well ordered experience.



Empower Event for Year 7

On Tuesday 11th January, Year 7 students will be participating in the 'Empower' event, delivered by the Merseyside Youth Association RAISE team. The day will include a series of workshops breaking down stigmas about mental health and identifying support mechanisms and agencies available to students for free.



Tomorrow's Teachers

Tomorrow's Teachers pass with flying colours!

We are pleased and proud to announce that our aspiring teachers in Year 13 have completed the 'Tomorrow's Teachers' scheme by TES. This is a national programme which aims to identify and develop students who aspire to enter the teaching profession. The programme - delivered as part of

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the extra curricular programme of activities - allows prospective teachers to gain the relevant knowledge, skills and experience to apply for and choose a career in education. The course consists of 12 modules, with a variety of teaching staff across the school stepping up to deliver a session each week. Each session focuses on a different aspect of the profession, and allows students to think about and experience teaching from an alternative perspective. Not only will this enhance students' university applications and give them the edge when invited for interview; it also gives them the opportunity to reflect on their own educational experiences and make informed choices about their careers. To watch a short clip of one of our prospective teachers talking about her experience, [click here](#).



Full Steam Ahead for Year 11 Mock Examinations

We're pleased to say that vitally important Year 11 mock examinations will be taking place as planned, starting on the 11th January. The latest infection control protocols indicate that candidates sitting examinations in the Sports Hall will be required to wear masks whilst entering the exam room and taking their seats. Once all candidates are seated and the examination is about to begin, invigilators will indicate to candidates that they may remove their masks during the exam if they wish to. Procedures for face coverings for candidates seated in

Year 11 Mock

Examinations

Please [click here for a copy of a letter](#) circulated by Mrs McCourt relating to forthcoming Year 11 mock examinations, including detailed information about JCQ regulations for examinations.

Parents Guide for Exam Preparations

Please [click here](#) to see a helpful guide for parents offering practical advice for supporting your daughter in the run up to examinations.

smaller rooms will be determined on a case by case basis.

Updated Covid-19 Risk Assessment

An updated version of the Covid-19 Risk Assessment has been posted to our website, and a copy can be [found here](#). New and updated information is highlighted in **bold type**.



Rotary Club Of South Liverpool Writing Competition Opens

The Rotary Club of South Liverpool have opened their latest writing competition – an event at which St. Julie's has previously enjoyed considerable success! The theme for this latest contest is 'Environment', and student writers are invited to submit fiction, non-fiction, prose or poetry up to a maximum of 550 words for prose entries and 40 lines for poems. If you would like to enter, please pass your submission with your name

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and age to Mr Fleming in room B108 by the closing date of 26th January. Good luck!



Joy: To The World!

Congratulations to our Sixth Form Choristers who have gone global for the Sisters of Notre Dame! As well as a beautiful performance of "O Holy Night" during our Advent services in school, a filmed performance was included in the 2021 Notre Dame Christmas Show, alongside performers from across the USA, which was shared with Sisters across five continents. Thank you to our singers for sharing your talents with the world!



Transform Your Feed!

We're happy to support this message from the team at @the_female_lead. We know over the holidays a lot of students will have been on their phones more than usual, scrolling through an abundance of Christmas memes and TikTok dances. While a lot of it can be hilariously outrageous, we know that most of the content they're viewing will involve filtered and unrealistic images of beauty standards that can never be attained. We want students to kickstart their year by having a social media cleanse - unfollow anyone that makes you feel bad

about yourself, and follow some new influencers with positive content! Start 2022 a better way: **#DisruptYourFeed**



Get Knitted!

Have you got any spare knitting materials? Staff in our Stars room are working on a project with students crafting a cuddle blanket made up of individually knitted/crocheted squares. If you've got any spare needles, crochet hooks or wool sitting at home that you're not likely to use we'd be very happy to give them a new home!



Making Moves In Whitley Bay

We've previously reported on some work that dancers in Key Stage 3 completed whilst trying out Mrs Walls choreography for a professional panto in Tyne and Wear. The show, featuring former student Penny Murphy as Dance Captain, was a resounding success, with one theatrical critic from the North East Theatre Guide taking the unusual step of name checking the choreographer in their review! Well done to all involved!

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Careers: Final UCAS tips webinar

Success at School have partnered with the University of South Wales for a webinar offering final tips for those all important UCAS applications. This in from them: Join us on **Wednesday 19th January at 6.30pm**, for our Final UCAS Tips webinar in partnership with the University of South Wales. Hear from experts at the University of South Wales who will help make sure you have everything covered in your application, and give you the lowdown on all things UCAS.

- Get vital hints and tips on finalising your UCAS application
- Find out how to refine your personal statement
- Hear about what happens after you submit your application and what to expect
- PLUS a Q and A at the end, so you can get your burning questions answered

Registration is required and you can [do that right here!](#)



January Events from LivPaC

Liverpool Parents and Carers have announced a series of events taking place throughout January.

- **10th January 2022 - Relaxed Performance Panto - Everyman at 5pm** - Tickets only £10 per person. Please email info@livpac.org.uk for further information
- **11th January 2022 - 10:00am-12:00pm - Coffee Morning Session** - Face-to-Face

- **12th January 2022 - 12:00pm – 2:30pm - Autism and Behaviour** - This course is being delivered by Reachout – ASC Autism Support - This course looks at how we can investigate the causes and anxiety around behaviour that concerns and challenges us with autistic children. We look at what behaviour communicates and how to read a child's anxiety before working out what additional support can be needed. This course helps you understand the behaviour, be proactive and make a long lasting difference to a child who is struggling in a difficult situation. This session will be over held ZOOM. To book please email info@livpac.org.uk for the link to register with Eventbrite.
- **17th January 2022 - 18:00pm - 20:00pm - Coffee Evening Session** via ZOOM



January Recommended Read

If you're seeking inspiration for a read, why not try our recommended read for the month of January: *The Fault In Our Stars* by John Green.

The Fault in Our Stars

I fell in love the way you fall asleep: slowly, then all at once. Despite the tumour-shrinking medical miracle that has bought her a few years, Hazel has never been anything but terminal, her final chapter inscribed upon diagnosis.

But when a gorgeous plot twist named Augustus Waters suddenly appears at Cancer Kid Support Group, Hazel's story is about to be completely rewritten.

Insightful, bold, irreverent, and raw, The Fault in Our Stars brilliantly explores the funny, thrilling, and tragic business of being alive and in love.

But when a gorgeous plot twist

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ICT and Social Sciences (including Sociology, Psychology and Business Studies): [Ms D Duffy](#)

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KS3 Assessment 2021-22

Please [click here](#) for an overview of the KS3 Assessment Framework.

Remote Education

From September 2021 schools must continue to provide remote education for students who must self-isolate due to Covid-19. A copy of the school policy on Remote Education can be [found here](#).



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.

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/OccupationalTherapist> 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

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

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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 have increased during periods of lockdown. 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.

Covid Reporting

Please continue to review the [information sent out each week in the bulletin](#) with regard to the importance of notifying school immediately if your child tests positive for COVID-19. Please continue to contact school in any of

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the normal ways - the main switchboard (0151 428 6421) during working hours; or reception@stjulies.org.uk or safeguarding@stjulies.org.uk for out of hours notifications. School have taken all reasonable steps to raise awareness of this. Thank you.

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](#).

COVID-19 (coronavirus) diseases: A quick guide for parents / carers	What to do if...	Action needed	Back to school
<p>...my child has COVID-19 (coronavirus) symptoms</p> <ul style="list-style-type: none"> Child must remain at home Child should get a test Where household self-isolates when waiting for test result Isolate school immediately about test results 	<p>...my child tests positive for COVID-19 (coronavirus)</p> <ul style="list-style-type: none"> Child must remain at home Child self-isolates for at least 10 days from when symptoms started or from day of test (in symptoms) Isolate school immediately about test results Where household self-isolates for 10 days from the when symptoms started or from day of test (in symptoms) - when symptoms start Where household self-isolates for 10 days from the when symptoms start 	<ul style="list-style-type: none"> Child should get a test Where household self-isolates when waiting for test result Isolate school immediately about test results 	<p>...when child tests positive for COVID-19 (coronavirus)</p> <ul style="list-style-type: none"> Child self-isolates for at least 10 days from when symptoms started or from day of test (in symptoms) They can return to school after 10 days even if they have a cough or sore throat Where household self-isolates for 10 days from the when symptoms start or from day of test (in symptoms) - when symptoms start
<p>...somebody in my household has COVID-19 (coronavirus) symptoms</p> <ul style="list-style-type: none"> Child must remain at home Household member with symptoms should get a test Where household self-isolates when waiting for test result Isolate school immediately about test results 	<p>...when household member tests positive for COVID-19 (coronavirus) symptoms</p> <ul style="list-style-type: none"> Child must remain at home Household member with symptoms should get a test Where household self-isolates when waiting for test result Isolate school immediately about test results 	<p>...when household member tests positive for COVID-19 (coronavirus) symptoms</p> <ul style="list-style-type: none"> Child must remain at home Household member with symptoms should get a test Where household self-isolates when waiting for test result Isolate school immediately about test results 	<p>...when household member tests positive for COVID-19 (coronavirus) symptoms</p> <ul style="list-style-type: none"> Child must remain at home Household member with symptoms should get a test Where household self-isolates when waiting for test result Isolate school immediately about test results
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<p>...I am not sure who should get a test for COVID-19 (coronavirus)</p> <ul style="list-style-type: none"> Only people with symptoms need to get a test Household self-isolates when waiting for test result Where household self-isolates when waiting for test result 	<p>...I am not sure who should get a test for COVID-19 (coronavirus)</p> <ul style="list-style-type: none"> Only people with symptoms need to get a test Household self-isolates when waiting for test result Where household self-isolates when waiting for test result 	<p>...I am not sure who should get a test for COVID-19 (coronavirus)</p> <ul style="list-style-type: none"> Only people with symptoms need to get a test Household self-isolates when waiting for test result Where household self-isolates when waiting for test result 	<p>...I am not sure who should get a test for COVID-19 (coronavirus)</p> <ul style="list-style-type: none"> Only people with symptoms need to get a test Household self-isolates when waiting for test result Where household self-isolates when waiting for test result

Covid-19 Information and Risk Assessment

All parent/carers can access the school's Covid-19 risk assessment [here](#).



CAREERS NEWSLETTER

This newsletter is a collation of all the opportunities we have heard about from employers and universities. Please use the links included to read more information and apply to anything you are interested in. Links are underlined.

OPPORTUNITIES



Welcome back! We hope you had a fabulous break and were able to find a good balance of completing your school work, spending time with your family/friends and resting.



Speakers for Schools have a range of upcoming virtual talks that include:

- Bruce Daisley - Former VP Europe @ Twitter
- Susanna White - TV & Film Director
- Kate Bradley - Ops & Strategy Director @ UK Athletics
- Nigel Vardy - International Mountaineer
- Tracy Cooper - Executive Producer @ Riff Raff Films
- Mehreen Baig - TV Presenter & Writer
- Grayson Perry - Artist
- Jonathan Foster - Chief Fire Officer @ North Yorks

You can read more and register here.



The National Teen Book Club is launching its fourth cycle, the Book Club will take place on Wednesdays, 3.30-4.30pm, between 19th January and 9th February.

14-19 year olds participate by attending four weekly sessions held online, joining from home. They will read a book and discuss it with students from across the UK, work on a piece of creative writing that will be published in our virtual library, and hear from inspirational leading figures from the literary world, including:

- Kit De Waal, award-winning author and champion of working class writers
- Jo Unwin, literary agent to Charlie Brooker and Richard Ayoade
- Jon Day, who has judged the Booker Prize, is the lead fiction critic for the Financial Times, and teaches English and Creative Writing and Kings College London.

You can read more and register for your place here.



JOB OF THE WEEK



Magazine Editor

Newspaper and magazine editors manage the style and content of printed publications. You can earn up to £80,000 per year and expect to work around 37-39 hours per week. There will be 4% more Magazine Editors by 2025.

You can read more about this here.

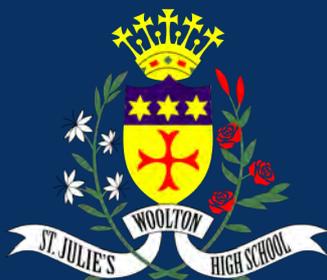
LABOUR MARKET INFORMATION FACT

Have you ever heard of a badgy fiddler, bummaree, cullet picker or perruquier?

Usually, we use LMI to talk about jobs of the future. Because, let's be honest, that's far more helpful!

But sometimes, it can be fun to look back at jobs that USED to exist and don't anymore. You can read about these here.

If you have any questions or need support, please email ajones@stjulies.org.uk



CAREERS NEWSLETTER

OPPORTUNITIES



One Horton Heath, a construction company, have created a series of "deep dive" videos that focus on different people who do different jobs within their organisation. You can watch them [here](#).



You can now complete a degree that focuses solely on **Pantomime Study!** Staffordshire University have launched a one year masters that specialises in this area. Read more [here](#). You complete a Masters after your Bachelors degree. So, for example, someone could do a 3 Year Bachelor course studying screen plan then do a 1 Year Masters specialising in Pantomime.



"University is Not For Everyone" podcast: Join Febe as she interviews incredible people who didn't go to university yet continue to succeed in their chosen field with the aim of showing you can do the same. Each week, Febe will be talking to a new guest about their job, how they got to where they are and the pressures people face in getting a degree. They'll be sharing advice, stories, insights and much more with the hope to give you the confidence to determine your own future. Whether you're a student, looking for a change of career or just want to listen to Febe chatting to interesting people, this is the podcast for you. Listen now on [Apple](#) or [Spotify](#).



Upskill Me is a website that can help you to understand what skills you have, what skills you need to improve ready for your future and give you a space to record all the activities you take part in to work towards building your skills. They run lots of online events and can connect you with employers offering work experience. You can read more and join [here](#).



National Apprenticeship Week is taking place from 7th-13th February. To get prepared, make sure you're following the hashtag "#NAW2022" on social media.



Every wondered what it's like to start an apprenticeship and be the youngest person working for a company? [Read this blog](#) from Taiya, a current apprentice, to get her perspective!

EMPLOYER SPOTLIGHT



British Heart Foundation

"From stem-cell coated plasters to 3D printed hearts, the research we fund helps deliver lifesaving breakthroughs and turns science fiction into reality." BHF recruit for a range of jobs from Sales Assistants to IT to Fundraising and Marketing. You can read more [here](#).

UNI SPOTLIGHT



University of Chichester

"By choosing to study at Chichester, you are joining an inclusive, supporting and caring university where you are truly valued. We pride ourselves on our close-knit community where you are known by name and highly supported from moment you join. We are Ranked 7th for students' satisfaction with teaching based on the Guardian University Guide (2022)." Search their courses [here](#).

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