



St. Julie's Catholic High School

Weekly Newsletter

Week Beginning 11th January 2021

Forthcoming Dates for your Diary

All events scheduled in the academic calendar for January and February are currently under review for rescheduling.



Science Students Answer 50,000 Questions!

We're sure you'll agree that remote learning from home is not the way that any of us wanted to start the educational journey in 2021, but our students have responded with enthusiasm and resilience and got stuck into some serious work! Students in science have so far answered over 50,000 questions on the Educake platform, and that number is rising by the hour with Faye in Year 10 the leading student so far! Educake have now released apps for the Android and iOS platforms, so give it a whirl instead of Tik-Tok!



Maths Students Study Over a Month in 5 days!

It's not just Science that has seen study this week. Students have been busy across all subjects, with Maths students logging a combined 963 hours of study activity this week – that's over 40 days of solid study activity!



New Year, New Feature!

Happy New Year – and with this new year, there's a new feature on the [Chaplaincy website](#) – a **Thought for the Day** which we hope will give everyone the opportunity to have their own **Sacred Time** - a few moments of reflection as the day starts. It will be updated each day and everyone is welcome to access it.

During remote learning our Chaplaincy is offering resources a daily reflection.

Find out more at the [Chaplaincy Website](#)

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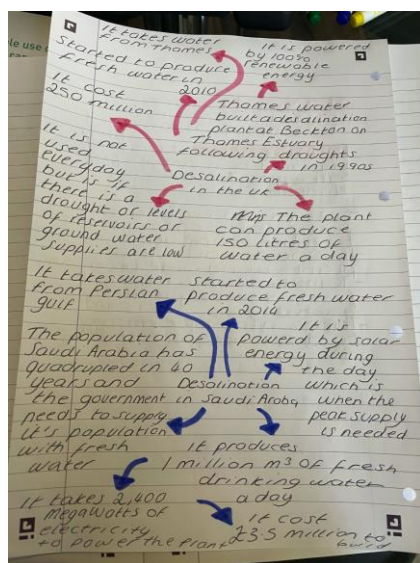
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Remote Learning Round-Up

In our English Department students were so eager to get into a Teams lesson that they checked in two days early! Attendance via Teams has been great, with 80% of a Sixth Form class attending live and others listening in later.

Modern Foreign Languages have had a great response to online learning too, with good participation in activities across the school.

Pupils have been actively engaged in their online learning for Humanities subjects. Geography pupils have been introduced to Seneca Learning, a wonderful online platform to assist in recall and retention of knowledge, where pupils can answer questions, which get marked instantly and provide feedback for pupils as well as the class teacher.



Teams lessons have also been taking place for some of our Geography and History pupils with great success. Pupils have been sending in some amazing work to show the progress they are making at home including Annie and Chloe in Year 11, Daisy in Year 10, Stephanie in Year 9 and Ruby and Jessica in Year 7. Our KS5 pupils have been engaging with staff via

Teams, VLE and email, showing their dedication to their studies.

Students across the Performing Arts have been busy with both theory and practical work and next week they are launching some Key Stage 3 online projects!

Dance students are invited to participate in the TikTok dance challenge, learning a different TokTok for 20 days. You can send them all in together to enter the Valentine Challenge.

Drama students are challenged to learn a different accent for 20 days, and send them all in together.

There are prizes up for grabs of High Street Vouchers for 1st, 2nd and 3rd place.

From next week early morning classes are going online every day from 8-8:30am.

Monday- Year 7 Drama
Tuesday - Year 10 Dance
Wednesday year 9 Dance
Thursday- Year 8 Dance
Friday - Year 7 Dance

We are very proud of our KS3 students starting their lockdown fitness challenges, one activity for 30 minutes every morning.

Remote Learning Programme

A letter regarding the remote learning programme was published to all parents on Tuesday 5 January. Please [click here](#) to access a copy of the letter and the school's [Remote Learning Policy](#). A remote learning survey will be sent out to parents next week.

GCSE and A Level announcement

Following the Education Secretary's announcement on Wednesday 6 January, regarding GCSE and A Level exams, we are waiting for further clarification from Ofqual and the exam boards before we can provide parents with any further

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information. We acknowledge that the uncertainty is not helpful but continuing to learn from home and build knowledge for life is what is important. We will write to you with a detailed plan once we receive clarification from Ofqual and the exam boards.

The Girls' Network

Year 11 students involved in the Girls' Network programme will be able to access their tenth and final online workshop next week. Students will be required to complete a survey regarding the mentoring programme and review how it has supported their development over the last twelve months. **Year 10 students will have the opportunity to apply for this prestigious national mentoring programme over the next few weeks.**

Brilliant Tutoring Programme

The national tutoring programme will still go ahead from Monday 25 January. A PhD tutor will deliver online tuition to small groups of students via Zoom. Selected students will receive 15 hours of tuition in English, Maths or Science.

The Brilliant Club – Scholars Programme

We are pleased to announce that The Brilliant Club Scholars Programme will continue to run during lockdown. A live launch event will take place on Monday 11 January at 2pm and will be led by the University of Southampton. Online tutorials will take place from Monday 25 January. One project will focus on bacterial diseases and the other will focus on climate change.

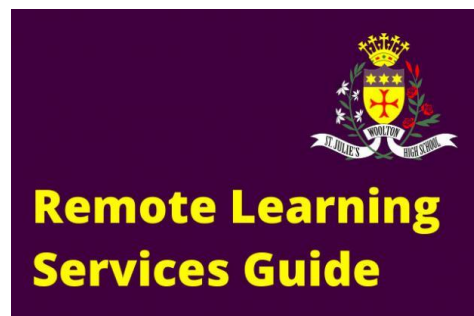
Academic calendar

We will review the planned events and activities due to take place during January and February. No events will be cancelled but it is likely that we will move them to the second half of the Spring or Summer term.

UCAS success!

Over 90% of our Yr 13 students have received offers for their chosen courses now. This demonstrates the high quality careers guidance and support they receive at St Julie's; and reflects the hard work they have put into their university applications. Students have received offers and interviews for a diverse range of courses from Law to Medicine, Performing Arts to Marketing and Biochemistry to Politics. If students still wish to apply to study at university in September, they can get in touch with a member of the KS5 team who will support them with their application.

Edge Hill University have just published new dates for open days, details of their Humanities Week from the 11th January and a helpful guide for parents, all of which are linked [in the article on our Careers Site](#).



Guide to Remote Learning Services

Whilst we're delighted at the engagement of our students in remote learning, we recognise that things haven't been as smooth for everyone, particularly those struggling with unfamiliar systems. [This guide will help as a starting point](#) for accessing the key services used by St. Julie's.

Some quick key points to bear in mind are:

- The VLE uses the same username and password that the students use to log onto a computer in school. The username is almost always two numbers (representing the year the

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student started at secondary school), then surname, then first name initial, so Jane Smith in Year 8 would be 18smithj.

- For email, the whole email address is used as the username, which is (for example) 18smithj@studentmail.stjulies.org.uk and the username is the same as that for the VLE.
- Educake and Maths Watch are separate services that use different usernames and passwords.
- When a password is genuinely forgotten you can request a reset by emailing passwords@stjulies.org.uk and that reach a member of IT support staff.

For students who are working from their phones free apps for Moodle, Educake and GCSEpod in your devices' app store.

A Word From Miss Rainey

I would like to say a Happy New year to all our year 7 pupils and their families. I am so glad to see all of you logging onto the VLE, Educake and Mathswatch and completing some fantastic pieces of work. I was particularly impressed with Ruby's Information leaflet on Thunder and Lightning as well as the great Maths task results from Eva, Charlotte and Liley. Well done! You are all doing amazingly well, please stay safe and please don't hesitate to get in touch if you need anything

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](#).

Virtual Book Club

The virtual book club is still running and is more valuable than ever! This half term's title is Michael Morpurgo's 'An Eagle In The Snow'. Write a review and you could be in with a prize!

Careers Updates

This week we've got details of a live interactive session with Natasha Jonas - a professional boxer! We've also got updated details of open events from Edge Hill and some great industry sector spotlights that offer a specific focus on certain professional areas. You can find all the info on our [new Careers Site](#).

Bullybusters Offering Zoom Services

The Liverpool based [BullyBusters antibullying](#) charity are offering services online via Zoom for anybody who wishes to access them. Representatives from the organisation have previously delivered successful assemblies with many of our students.

Mental Well-being Support

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)

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No Panic – support line for panic attacks and OCD
Phone: 0844967 4848 (daily 10.00am-10.00pm)

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)

CAMHS – CRISIS team for under 18 years old
Phone: 0808 196 3550 (24 hours)

Alder Hey CRISIS Team – supporting mental health and distress (24 hours)
Phone: 0151 293 3577.

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.

Safeguarding Policy Appendix

As with the hard lockdown last year, we have published an [updated appendix to our Safeguarding Policy](#) specifically to deal with remote learning arrangements.

St Julie's Mental Health and well-being support around sleep

During school closure we will still be offering well-being sessions, this will continue through virtual support from our school Mental Health team. If you are concerned about your child's social and emotional

well-being please contact the school on 0151 428 6421 for further support. Here is some advice on tiredness and fatigue; if you or your child has difficulty falling asleep, a regular bedtime routine will help you wind down and prepare for bed. A bit of a change from the glorious weather we had during first lockdown! Other changes you may have noticed maybe in your sleeping. Life has changed for all of since Coronavirus and there is an increase in anxiety and fear related to uncertainty and those feelings can translate into sleep disturbances and for many of us our sleep quality is worse than it was before lockdown and can be in the form of more fragmented sleep, lack of routine, vivid dreams, anxiety, stress, sleep deprivation and insomnia. It's important in this crisis that we are extra vigilant about our behaviour because in a desperate quest for sleep we can act in ways that are counterproductive to getting a good night's sleep. A great way of managing anxiety is journaling, write down on your phone in notes, or on paper, everything that might be worrying you. This is really cathartic in the sense that once it's out on paper it's like telling someone else. If you do this a couple of hours before bed it can be really helpful in clearing your mind and also give to time to process any after thoughts.

Go to bed early but don't command yourself to go to sleep as trying to sleep can de-prime your sleeping homeostat (which means messing up your sleep regulation process) Putting pressure on yourself only makes matters worse. If you find it hard to relax due to anxiety or a busy mind a great exercise is the '4,7,8'. This is so easy! Get comfy and breathe in for the count of '4'. Then hold that breath for the count of '7' and the slowly breathe out for a count of '8'. Do a few cycles of this and it will really help slow down the breathing and trick your brain into thinking it's calm.

If you feel like you have a busy

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head, like things are going round and round on a loop. Try this really simple technique: Every 2 seconds, repeat the word 'THE'. Stressful trains of thought end up in a cycle and so by using the word 'THE' helps to break the intrusive thought because it has no negative connotations attached.

Joanne D'Amico has a Youtube channel called '[Relax for a while](#)'. She has the most soothing voice and has many sleep meditations, bedtime stories and panic attack talk down sessions you can listen to for free.

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 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 related absence, which has some helpful links in too.

Covid-19 Information and Risk Assessment

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

COVID-19 (coronavirus) absence: 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"> Check symptoms against the NHS list of symptoms Check if symptoms are at least 10 days from when symptoms started or from the start of the symptoms Check if symptoms are at least 10 days from when symptoms started or from the start of the symptoms Check if symptoms are at least 10 days from when symptoms started or from the start of the symptoms 	<p>when other's who comes back negative and child is well enough</p>	<p>Check if symptoms are at least 10 days from when symptoms started or from the start of the symptoms</p>	<p>when the child has completed 14 days of self-isolation, even if they test negative during those 14 days</p>
<p>my child tests positive for COVID-19 (coronavirus)</p> <ul style="list-style-type: none"> Check if symptoms are at least 10 days from when symptoms started or from the start of the symptoms Check if symptoms are at least 10 days from when symptoms started or from the start of the symptoms Check if symptoms are at least 10 days from when symptoms started or from the start of the symptoms 	<p>when child has been tested and has been without a fever for at least 48 hours</p>	<p>Check if symptoms are at least 10 days from when symptoms started or from the start of the symptoms</p>	<p>when the quarantine period of 14 days has been completed or the child even if they test negative during those 14 days</p>
<p>somebody in my household has COVID-19 (coronavirus) symptoms</p> <ul style="list-style-type: none"> Check if symptoms are at least 10 days from when symptoms started or from the start of the symptoms Check if symptoms are at least 10 days from when symptoms started or from the start of the symptoms Check if symptoms are at least 10 days from when symptoms started or from the start of the symptoms 	<p>when household member tests negative and child does not have COVID-19 symptoms</p>	<p>Check if symptoms are at least 10 days from when symptoms started or from the start of the symptoms</p>	<p>when school / other agencies inform you that restrictions have been lifted and your child can return to school again</p>
<p>somebody in my household has tested positive for COVID-19 (coronavirus)</p> <ul style="list-style-type: none"> Check if symptoms are at least 10 days from when symptoms started or from the start of the symptoms Check if symptoms are at least 10 days from when symptoms started or from the start of the symptoms Check if symptoms are at least 10 days from when symptoms started or from the start of the symptoms 	<p>when child has completed 14 days of self-isolation, even if they test negative during the 14 days</p>	<p>Check if symptoms are at least 10 days from when symptoms started or from the start of the symptoms</p>	<p>when conditions above, as matching your situation, are met</p>

Latest Covid Absence Information Poster

Please [click here for a quick guidance poster](#) for parents about